

LIFE FITNESS CONSUMER DIVISION

14150 Sunfish Lake Blvd. Ramsey Minnesota, 55303 U.S.A.

Tel: 763.323.4500 Fax: 763.323.4797

800.328.9714 (Toll-free within the U.S. and Canada)

www.parabody.com

INTERNATIONAL OFFICES

Life Fitness Atlantic BV
Atlantic Headquarters
Bijdorplein 25-31
2992 LB Barendrecht
The Netherlands
Phone: (180) 646 666
Fax: (180) 646 703

Life Fitness EUROPE GmbH
Siemensstrasse 3
85716 Unterschleissheim
Germany
Phone: (089) 31 77 51-0
Fax: (089) 31 77 51 99

Life Fitness Italia S.R.L.
Via Elvas 92
39042 Bressanone
Italy
Phone: 39 (472) 835-470
Fax: 39 (472) 833-150

Life Fitness Asia Pacific Limited
Room 2610, Miramar Tower
132 Nathan Road, Tsimshatsui
Kowloon, Hong Kong
Phone: (852) 2891-6677
Fax: (852) 2575-6001

Life Fitness (UK) Ltd.
Queen Adelaide
Ely, Cambs CB7 4UB
United Kingdom
Phone CSS: (01353) 665507
Fax CSS: (01353) 666719

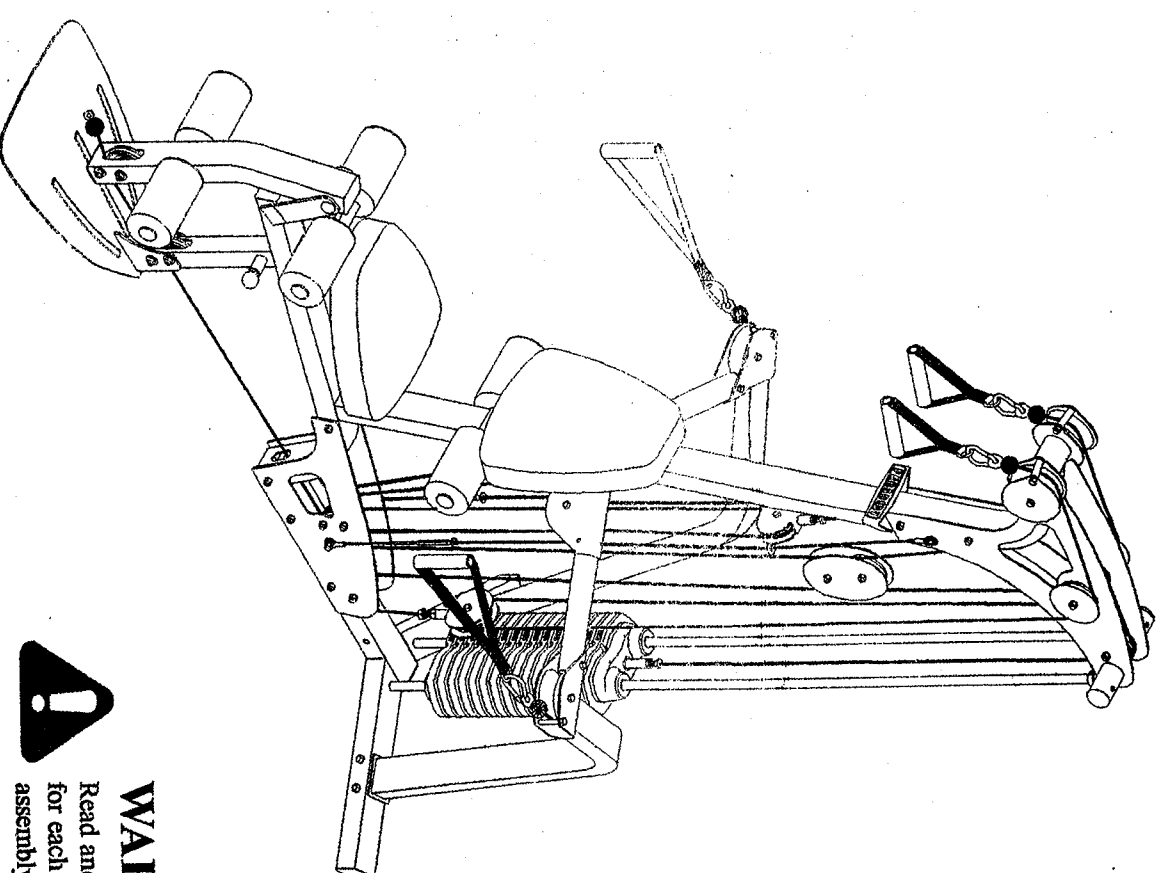
Life Fitness Benelux N.V.
Bijdorplein 25-31
2992 LB Barendrecht
The Netherlands
Phone: 31 (180) 64 66 69
Fax: 31 (180) 64 66 99

Life Fitness Japan
8/F, Nippon Brunswick Building
5-27-7 Sendagaya
Shibuya-Ku, Tokyo 151-0051
Japan
Phone: 81 (3) 3359-4309
Fax: 81 (3) 3359-4307

Life Fitness Do Brazil
Al. Rio Negro, 433-Predio 2-Sala 2
3º andar (Confab)
Aplhaville-Barueri-Sao Paulo
CEP: 06454-904
Brazil
Phone: 55 (11)7295-2217
Fax: 55 (11) 7295-2218

PARABODY®

777 GYM SYSTEM



WARNING:
Read and follow all directions
for each step to insure proper
assembly of this product.

USER'S GUIDE

CLASS H
PART # 7148201
REV. B

Version: 777102
Revision: 08/15/01

TABLE OF CONTENTS

Safety Statement.....	2
General Notes.....	3
Tools Required.....	3
Gym Layout.....	4
Parts list.....	5
Assembly Instructions.....	6-25
General Maintenance.....	26
Warranty Statement.....	27
Product Services.....	28
Insert-Registration Card	

IMPORTANT SAFETY INFORMATION

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK FOLLOW THESE RULES!

1. Before using, read all the warnings and instructions on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body and clothing free of all moving objects.
4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.
5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized ParaBody dealer.
6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer.
7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.
8. Make sure all spring loaded pull pins are fully engaged in the adjustment position and fully tighten thumbscrew before use.
9. Children must not be allowed near this machine. Supervise teenagers.

LIMITED WARRANTY

ParaBody extends the following LIMITED WARRANTY to the original owner of the ParaBody products. The Warranty terms apply to IN HOME USE ONLY.

1. **LIMITED WARRANTY ON FRAME AND WELDS.** If the frame of the ParaBody product or a weld should crack or break, it will be repaired or replaced by ParaBody. Terms: Lifetime – for so long as the Customer owns the ParaBody product.
2. **LIMITED WARRANTY ON PARTS.** If the following parts are defective in material or workmanship, ParaBody will supply replacement parts: all bolts, nuts, washers, bearings, bushings, pulleys, thumb screws, collars, cable retaining clips, adjustable pre-stretch slides, roller pad shafts, allen head bolts, weight selector pin, weight stack shaft, set screws, protector caps, adjustment chain, cotter pin, plunger, spring and knob. Terms: Lifetime – for so long as the Customer owns the ParaBody product.
3. **LIMITED WARRANTY ON CABLES AND UPHOLSTERY.** If the coated cables or upholstery are defective in material or workmanship, ParaBody will repair or replace them, at its option. Terms: Three (3) years.
4. **CONDITIONS AND EXCEPTIONS.** Any product misuse, abuse or alteration, any attempt to repair by a person other than an authorized ParaBody Service Center, any improper assembly, accident, or any other condition resulting from occurrences beyond the control of ParaBody will void this Limited Warranty.
5. **REPLACEMENT AND REPAIR EXPENSES.** ParaBody will provide only replacement parts or repair under this warranty. The Owner is responsible for all other costs. Such costs may include, but are not limited to: a. labor charges for service, removal, repair or reinstallation of the ParaBody product or any component part; b. shipping, delivery, handling and administrative charges for returning parts to ParaBody; and c. all necessary or incidental costs related to installation of the replacement parts.
6. **SHIPPING.** If shipping by the Owners is deemed necessary (in sole discretion of ParaBody), parts should be shipped in their original carton or equivalent packaging, fully insured with shipping charges prepaid. ParaBody will not assume any responsibility for any loss or damage incurred in shipping.
7. **CLAIM PROCEDURES.** If service on your ParaBody product is required during the warranty period, please contact our Customer Service Department at 1-800-328-9714 for instructions regarding returning or replacing parts. Please have available the following information: (i) the dealer's name; (ii) the date of purchase; (iii) the serial # (s) of your product (the serial number location is called out on the final assembly drawing included with your assembly instruction); (iv) a description of the nature of the problem.
8. **OWNER'S RIGHT.** This Limited Warranty gives you specific legal rights. You may also have other rights, which vary depending on local law.
9. **LIMITATION OF IMPLIED WARRANTIES.** All implied warranties, except to the extent prohibited by applicable law, shall have no greater duration than the warranty period set forth above. There are no warranties which extend beyond the description in this Limited Warranty. Because local laws do not allow limitations on how long an implied warranty lasts, the above limitations may not apply to you.
10. **DISCLAIMER.** No other express warranty has been made or will be made on behalf of ParaBody with respect to any ParaBody product or the operation, repair or replacement of any ParaBody product. ParaBody shall not be responsible for injury, loss of use of the ParaBody product, inconvenience, loss or damage to personal property, whether direct or indirect, and incidental or consequential damages, so the above limitation of exclusion may not apply to you.

NOTES:

NOTE: In a continual effort to improve our products, specifications are subject to change
 © 2001 Life Fitness, a division of Brunswick Corporation. All rights reserved.
 ParaBody is a trademark of Brunswick Corporation

MAINTENANCE

Please note:

- * We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Parabody customer service representative at (800) 328-9714.
- * Inspect equipment daily. Tighten all loose connections or replace worn parts immediately. Failure to do so may result in serious injury.
- * Lubricate guide rods with a teflon based (or equivalent) lubricant on a regular basis.

PLEASE RECORD THE INFORMATION REQUESTED BELOW. IN THE EVENT YOU MAY NEED SERVICE YOU WILL BE ASKED FOR THIS INFORMATION. REMEMBER TO FILL OUT YOUR WARRANTY REGISTRATION CARD AND MAIL BACK.

MODEL # _____

SERIAL # _____

DATE OF PURCHASE: _____

DEALERS NAME: _____

DEALERS PHONE # _____

IMPORTANT NOTES

Please note:

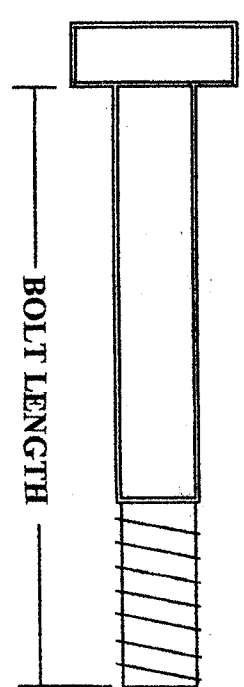
- * Thank you for purchasing the Parabody 777 Gym System. Please read these instructions thoroughly and keep them for future reference.
- * This product must be assembled on a flat, level surface to assure its proper function.
- * Do not securely tighten any frame connections until the entire frame has been assembled unless otherwise specified.

Tools Required for Assembly

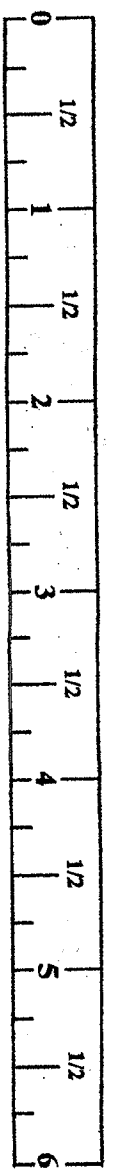
- * Rubber mallet or hammer
- * 3/4" wrench
- * 9/16" wrench
- * Ratchet with 3/4" and 9/16" sockets
- * 5/32" Allen wrench
- * Adjustable wrench
- * Tape measure

Bolt Length Ruler

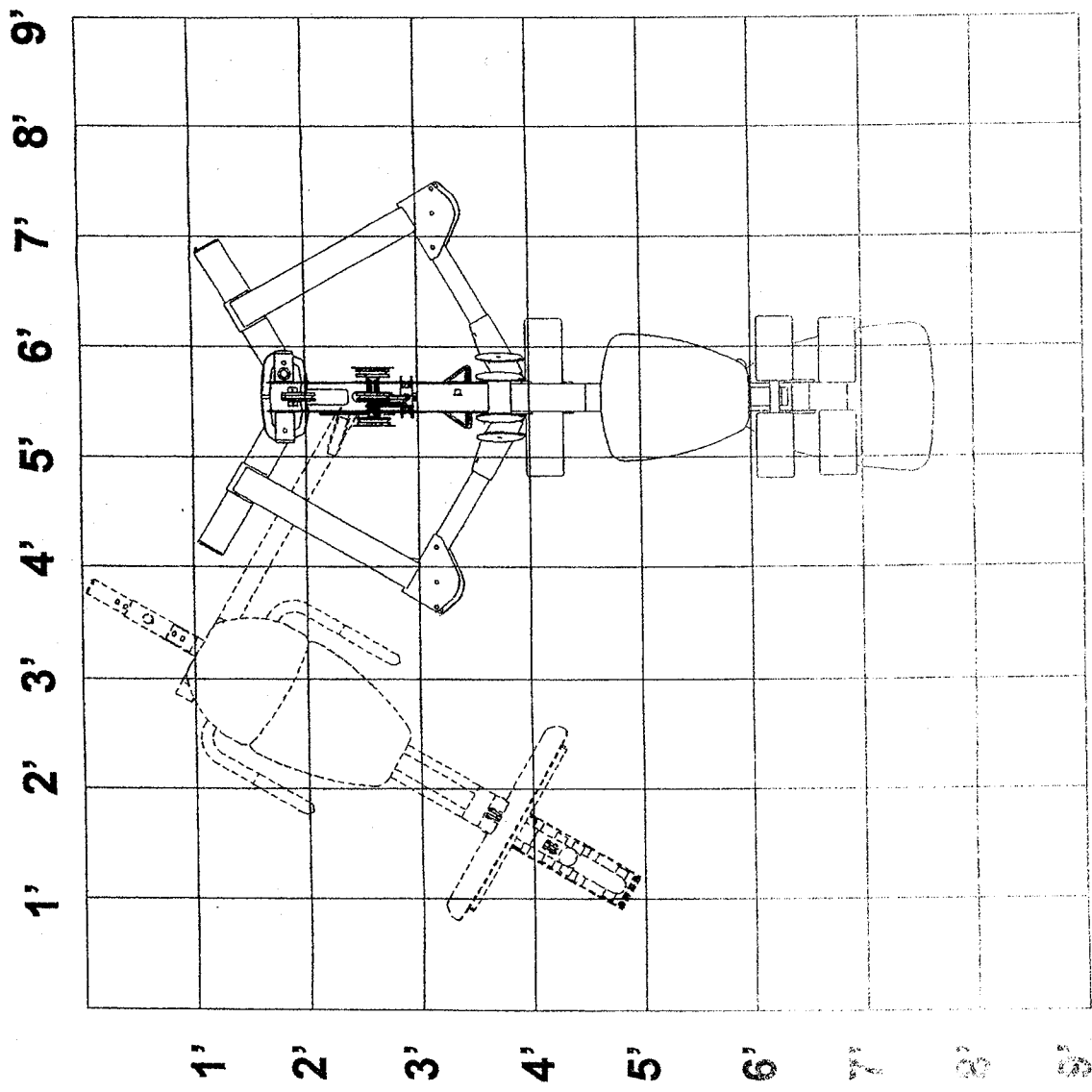
NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



Thank you for purchasing the Parabody 777 Gym System.



1 Square = 1' X 1'

Minimum Required Usable Space

- Length = 90 inches (229 cm) 7' 6"
- Width = 103 inches (262 cm) 8' 7"
- Height = 84 inches (213.5 cm) 7'

Dimensions Including Leg Press (optional)

- Length = 102 inches (259 cm) 8' 6"
- Width = 130 inches (330 cm) 10' 10"

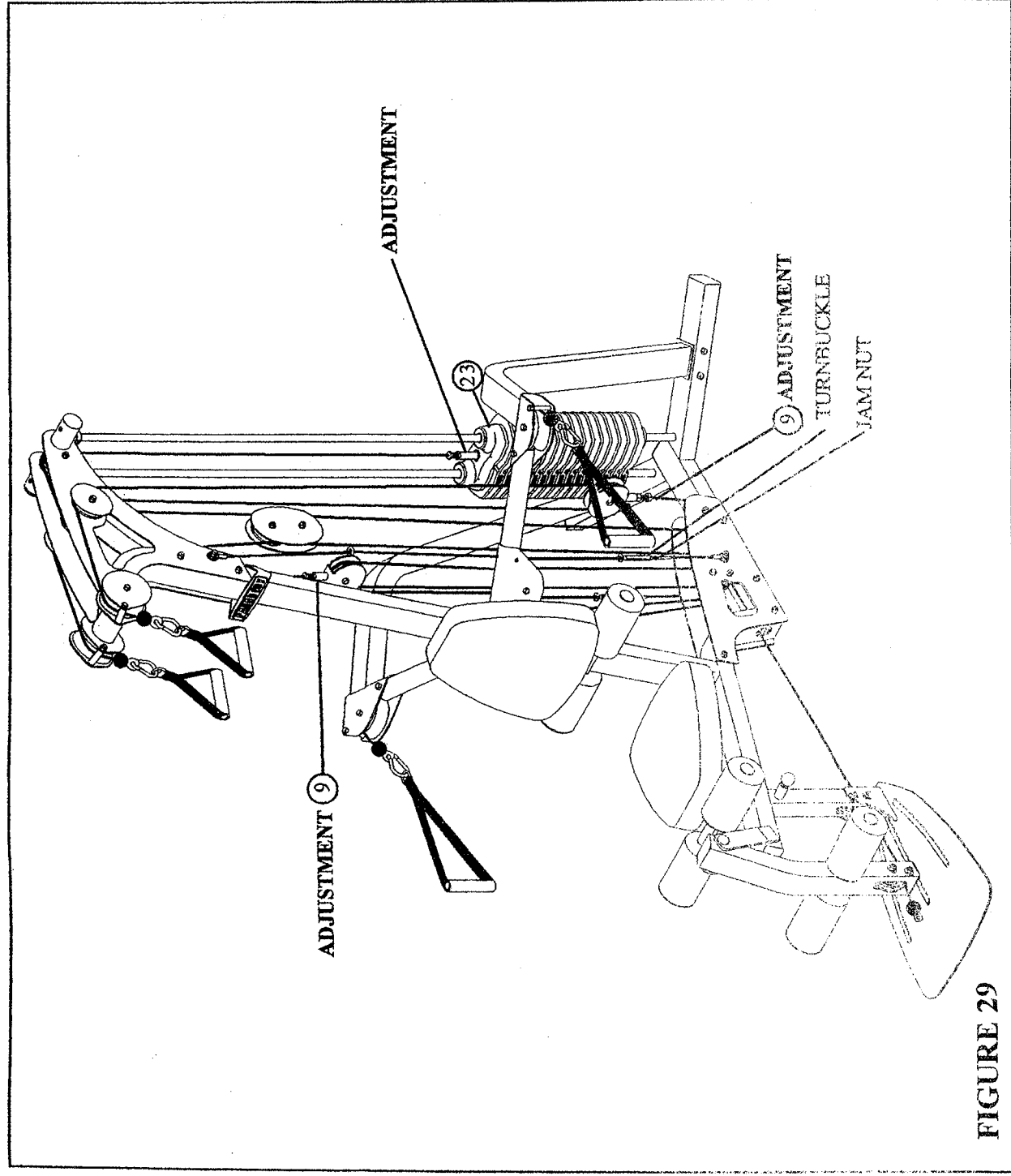


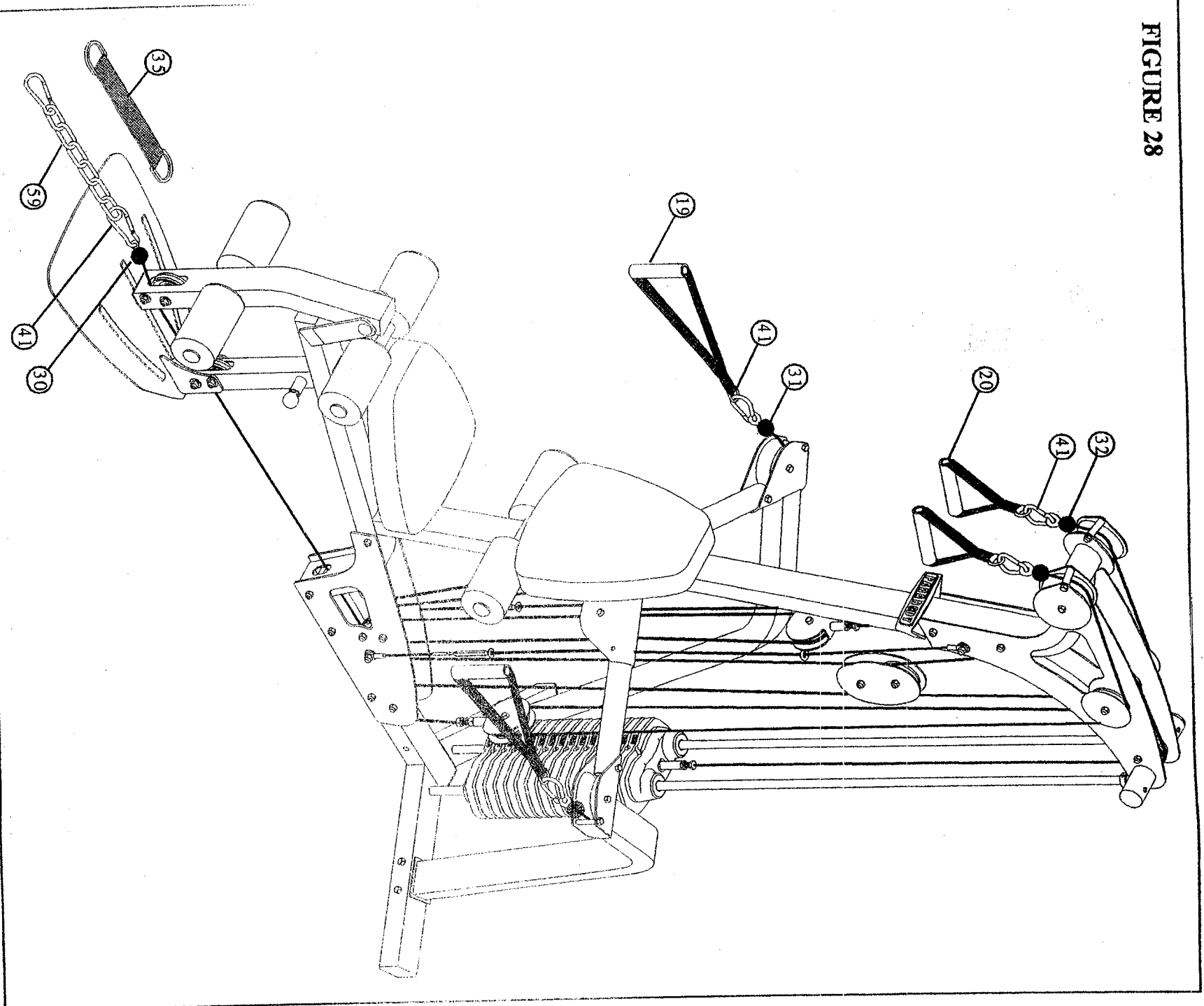
FIGURE 29

STEP 29:

- Adjustments can be made in the above locations to set the correct amount of tension in the cables.
- Adjust the turnbuckle on each GUIDE CABLE (71) to add tension to the GUIDE CABLES (71). Secure turnbuckle with the JAM NUTS as shown in FIGURE 29.
- If upon completion of assembly, the HEAD PLATE (23) does not sit on top of the first WEIGHT PLATE (21), push the HEAD PLATE (23) down, insert the WEIGHT STACK PIN (27) and perform several repetitions. This will relax the cable system and prevent the HEAD PLATE (23) from lifting up. See FIGURE 29
- If after completing the previous step, the HEAD PLATE (23) still does not sit on top of the first WEIGHT PLATE (21) or if there is excess slack in the cable system, adjust the threaded ends of the CABLES attached to the PULLEY BRACKETS (9) accordingly and retighten the jam nuts. See figure 29.
- For maximum performance, the HEAD PLATE (23) should just barely sit on the top WEIGHT PLATE (21).
- **NOTE:** After making adjustments make sure all jam nuts are **SECURELY TIGHTENED!**
- This completes the assembly of the 777 Gym System. If the 777 SHROUD OPTION was purchased refer to the 777 SHROUD KIT assembly instructions.

Thank you for purchasing the ParaBody 777 Gym System. If unsure of proper use of equipment, call your local ParaBody distributor or call the ParaBody customer service department at (800) 328-9714

FIGURE 28

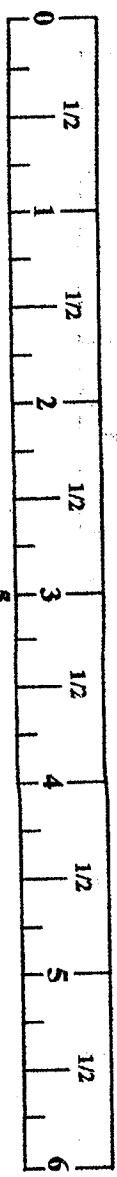


STEP 28:

- Assemble two 14-1/2" SEWN HANDLES (19) to the ARM CABLE (31) using two SNAP LINKS (41) as shown in FIGURE 28.
- Assemble two 7-1/2" SEWN HANDLES (20) to the BOOM CABLE (32) using two SNAP LINKS (41) as shown in FIGURE 28.
- Assemble the ANKLE STRAP (35) to the LEG CABLE (30) using two SNAP LINKS (41) and one 12-LINK CHAIN (59) as shown in FIGURE 28.

PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	70077	BASE	1	36	3103302	SHAFT COLLAR	2
2	71707	UPRIGHT	1	37	3116201	3-1/2" PULLEY	14
3	70058	SEAT ADJUST	1	38	3116101	4-1/2" PULLEY	3
4	70014	RIGHT ARM SUPPORT	1	39	6993701	4-1/2" V-GROOVE PULLEY	4
5	70015	LEFT ARM SUPPORT	1	40	6412001	SPRING PIN ASSEMBLY	1
6	70017	RIGHT ARM	1	41	3103801	SNAP LINK	6
7	70019	LEFT ARM	1	42	6416601	PARAGLIDE (QTY 8)	1
8	70056	LEG PEDESTAL	1	43	6145801	3 PRONG KNOB	1
9	70067	PULLEY BRACKET	1	44	3105401	STARLOCK	6
10	69408	PULLEY PLATE	2	45	3108901	PLASTIC WASHER	4
11	69885	BASE PLATE	2	46	6866801	1/2" RH WASHER	2
12	69954	V-PULLEY PLATE	2	47	6866601	RH CAP	2
13	69957	BOOM/PULLEY PLATE	2	48	6480301	3/8" X 9/16" FLANGE SPACER	2
14	71552	RIGHT BOOM PLATE	1	49	6480302	3/8 X 1-1/16" FLANGE SPACER	2
15	71553	LEFT BOOM PLATE	1	50	6122702	3/8 X 1/2" SPACER	6
16	69947	PAD	2	51	6122701	3/8" X 1" SPACER	11
17	6194601	ROLLER PAD	6	52	6549301	3/4 X 17" TUBE	3
18	6816501	76" GUIDE ROD	2	53	3102924	3/8 X 1-3/4" BOLT	4
19	7016902	14-1/2" SEWN HANDLE	2	54	3102807	3/8 LOW HEIGHT LOCK NUT	2
20	7016901	7-1/2" SEWN HANDLE	2	55	3102922	3/8 X 2-3/4" BOLT	16
21	6939202	WEIGHT PLATE	15	56	3221902	2" NYLON SPACER	4
22	6382301	WEIGHT PLATE PUSHING 10 CT	3	57	3102905	3/8 X 3-3/4" BOLT	17
23	69537	HEAD PLATE	1	58	3102917	1/2 X 4" BOLT	1
24	3221702	E-RING	1	59	6075996	12 LINK CHAIN	1
25	6976101	WEIGHT STACK LABEL	1	60	3102906	3/8 X 4" BOLT	2
26	7092701	WEIGHT PLATE SHAFT	1	61	3102930	3/8 X 7" BOLT	1
27	6972201	WEIGHT STACK PIN	1	62	3102804	1/2" LOW HEIGHT LOCK NUT	1
28	3108062	WEIGHT STACK CUSHION	2	63	3102802	3/8" LOCK NUT	36
29	7155701	WEIGHT STACK CABLE	1	64	3102501	3/8" FLAT WASHER	14
30	6987901	LEG CABLE	1	65	6020601	1/2" FLANGE BEARING	2
31	6988001	ARM CABLE	1	66	70718	FOOT PLATE	1
32	6988101	BOOM CABLE	1	67	3102904	3/8 X 3" BOLT	2
33	70121	WEIGHT STACK SPACER	2	68	3102955	3/8 X 4-1/4" BOLT	2
34	3102503	3/4" FLAT WASHER	2	69	3102514	3/8" SAE WASHER	4
35	6409101	ANKLE STRAP	1	70	71185	GUIDE BRACKET	1
				71	7122101	GUIDE CABLE	2



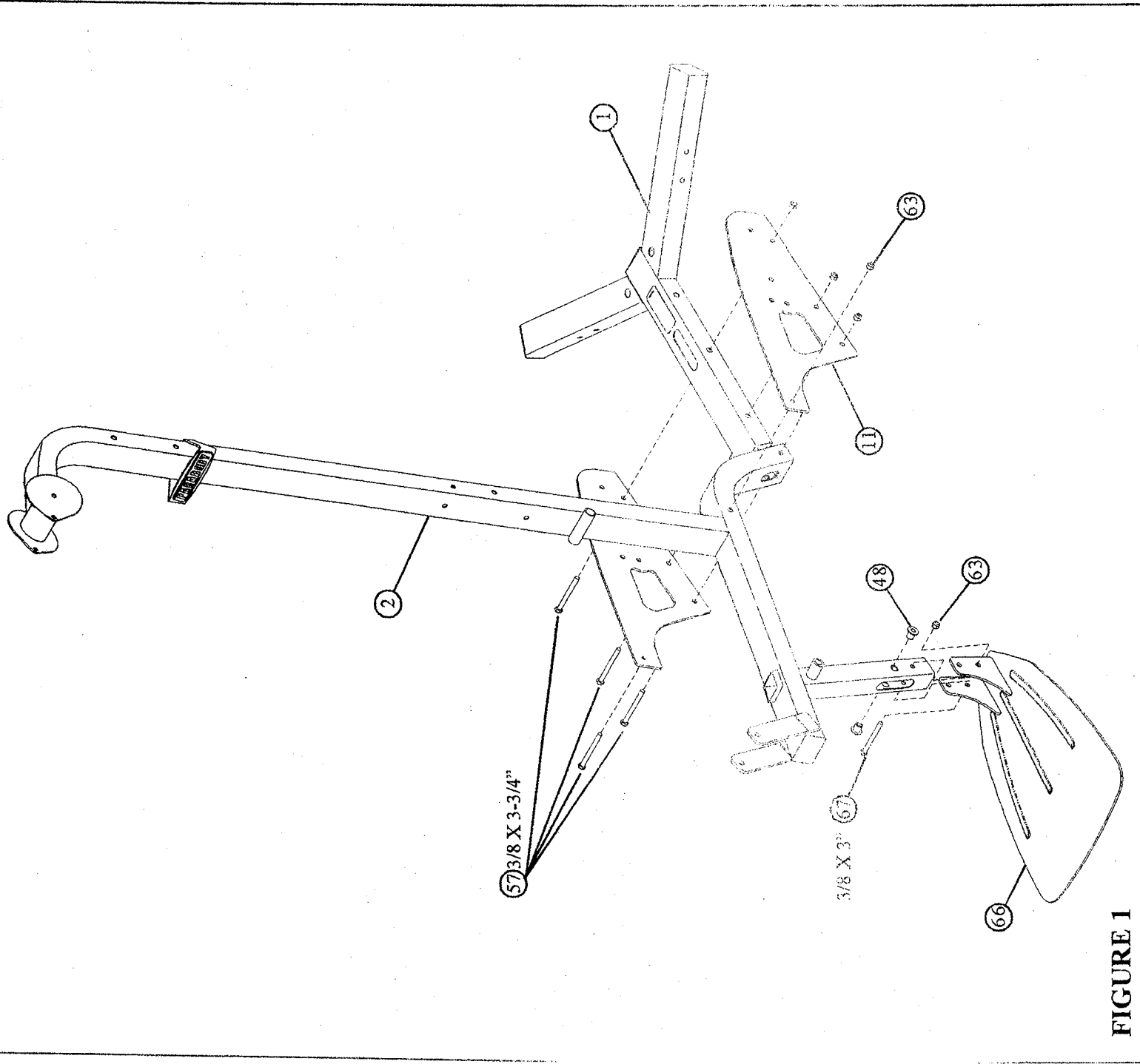


FIGURE 1

STEP 1:

- LOOSELY assemble two BASE PLATES (11) to the BASE (1) and the UPRIGHT (2) using four 3/8 X 3-3/4" BOLTS (57) and four 3/8" LOCK NUTS (63). See FIGURE 1.
- Insert two 3/8 X 9/16" FLANGE SPACERS (48) into the upper hole of the FRAME (2) as shown.
- LOOSELY assemble the FOOTPLATE (66) to the FRAME (2) using one 3/8 X 3" BOLT (67) and one 3/8" LOCK NUT (63) as shown in FIGURE 1.

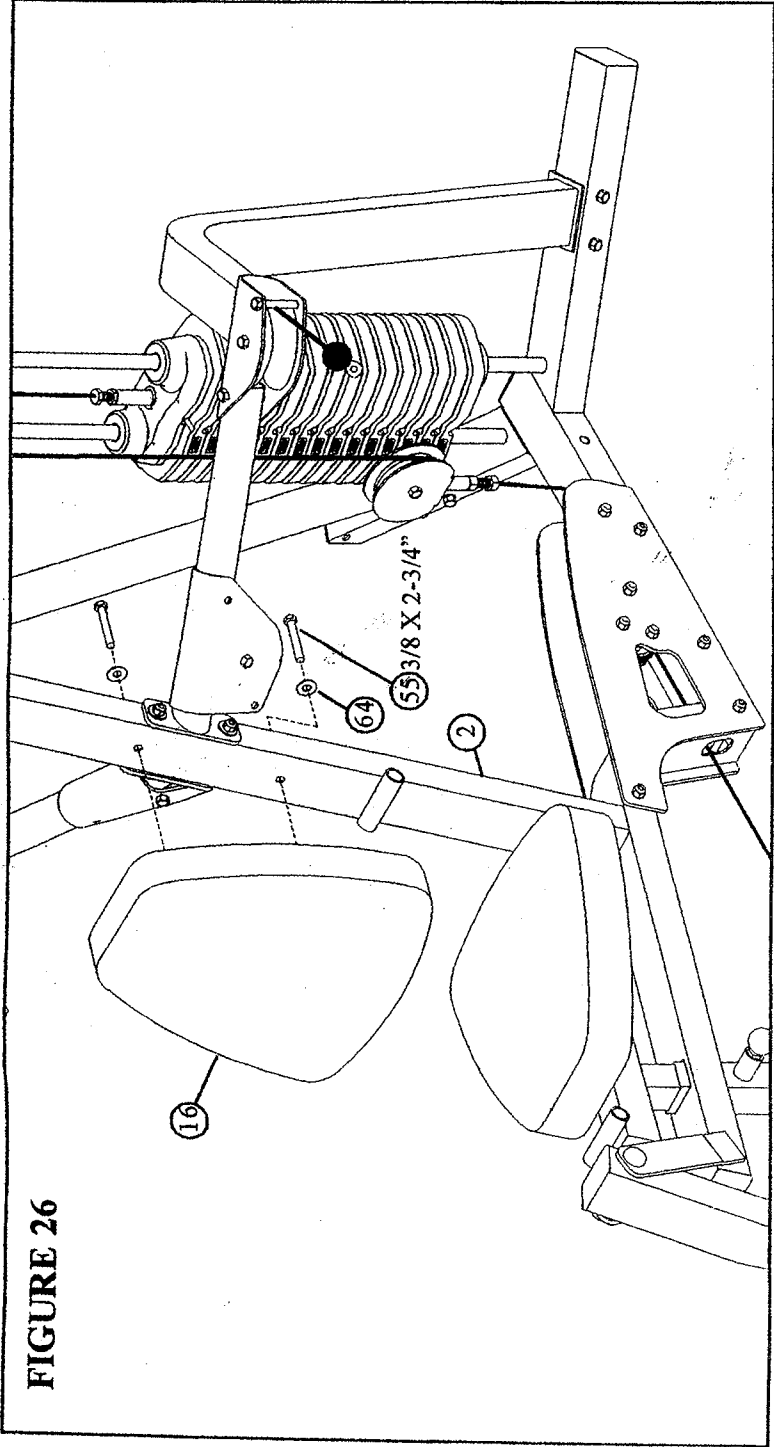
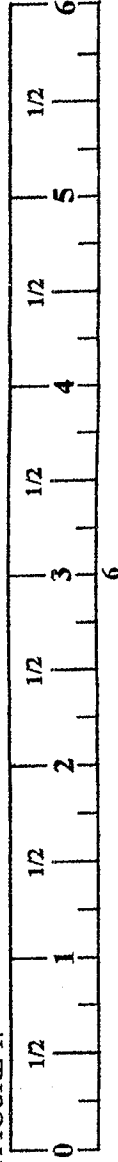


FIGURE 26

STEP 26:

- SECURELY assemble one SEAT PAD (16) to the UPRIGHT (2) using two 3/8 X 2-3/4" BOLTS (55) and two 3/8" WASHERS (64). See FIGURE 26.

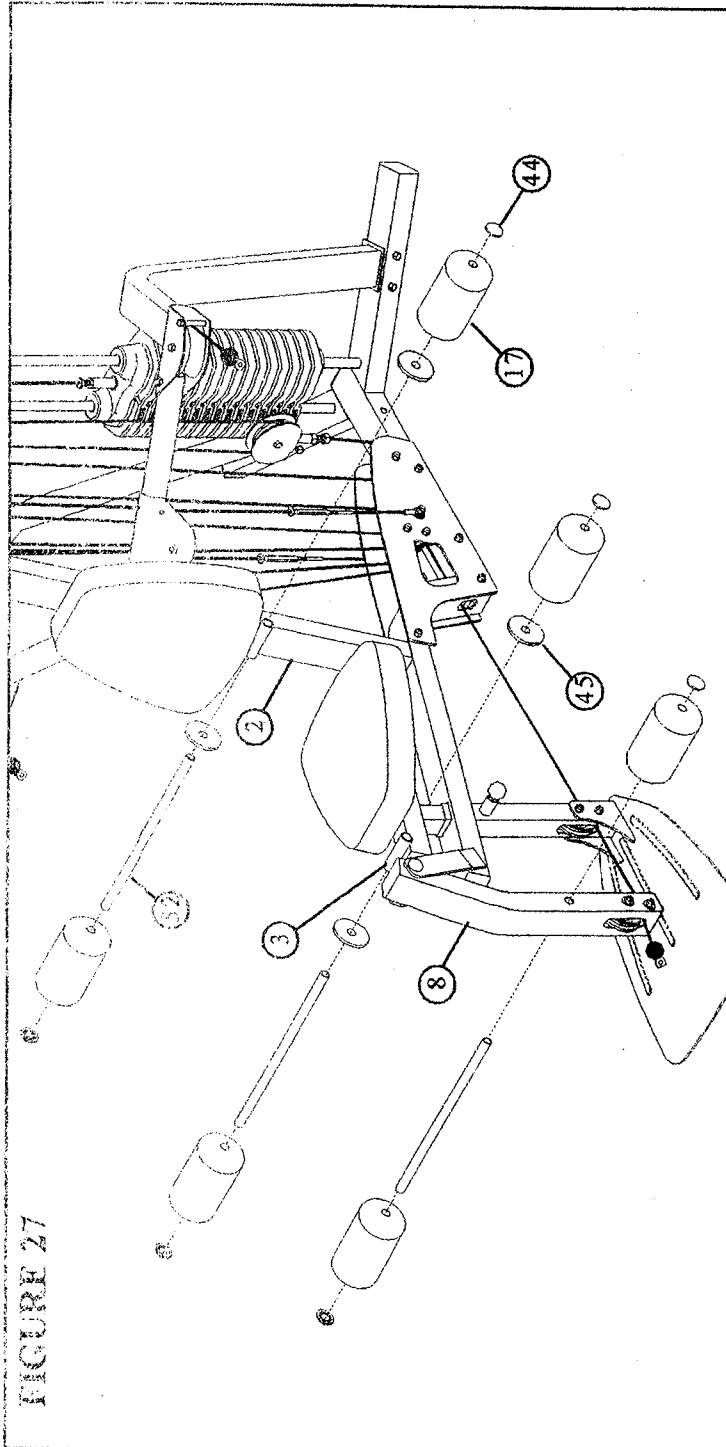


FIGURE 27

STEP 27:

- Assemble two ROLLER PADS (17) to the LEG PEDESTAL (8) using one 3/4 X 17" TUBE (52) and two 3/4" STARLOCK COLLARS (44) as shown in FIGURE 27.
- Assemble two ROLLER PADS (17) to the SEAT ADJUST (3) using one 3/4 X 1" TUBE (52), two PLASTIC WASHERS (45) and two 3/4" STARLOCK COLLARS (44) as shown in FIGURE 27.
- Assemble two ROLLER PADS (17) to the UPRIGHT (2) using one 3/4 X 17" TUBE (52), two PLASTIC WASHERS (45) and two 3/4" STARLOCK COLLARS (44) as shown in FIGURE 27.

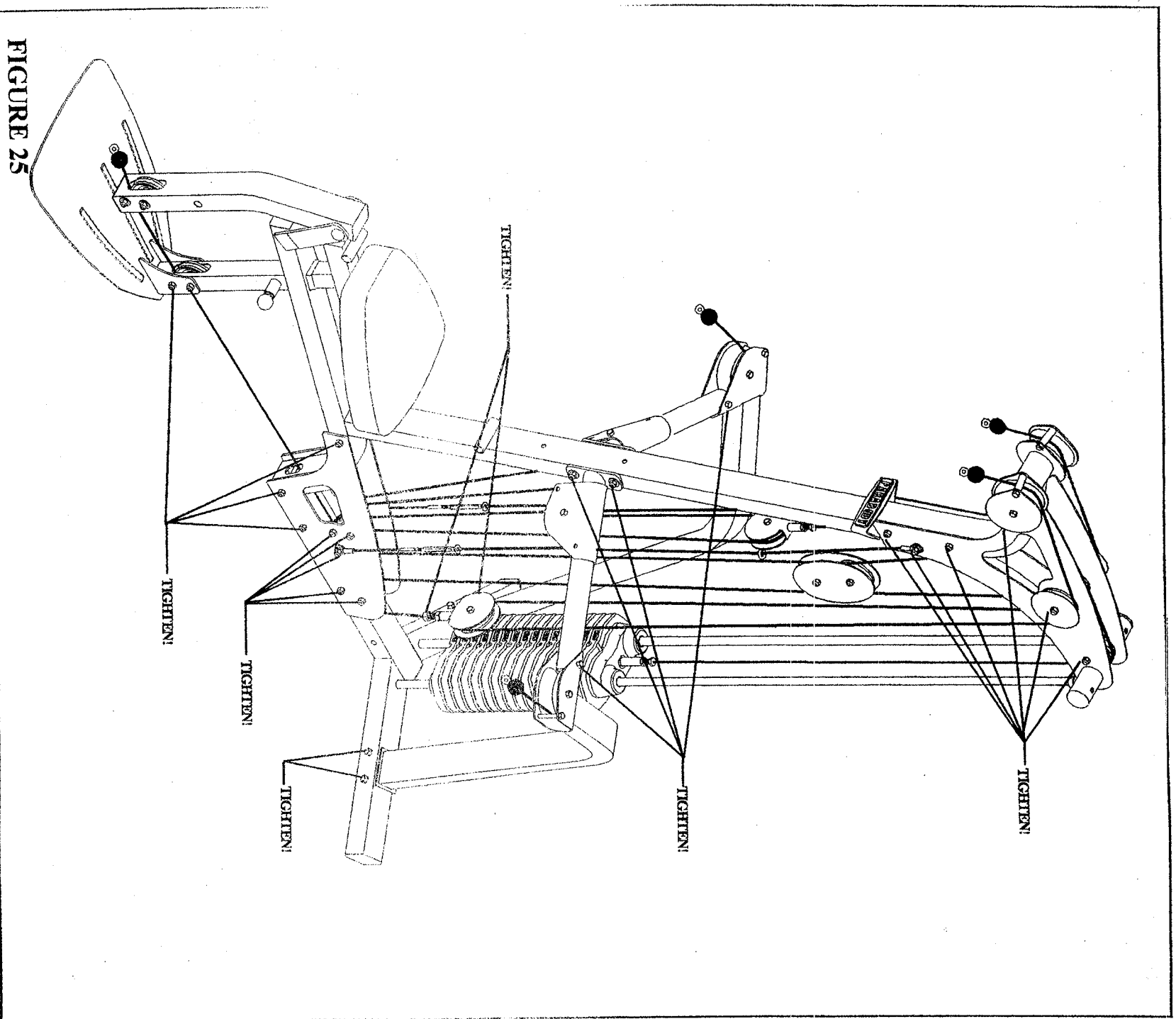


FIGURE 25

STEP 25:

- SECURELY tighten all loose frame connections as shown in FIGURE 25!

0	1/2	1	1/2	2	1/2	3	1/2	4	1/2	5	1/2	6
22												

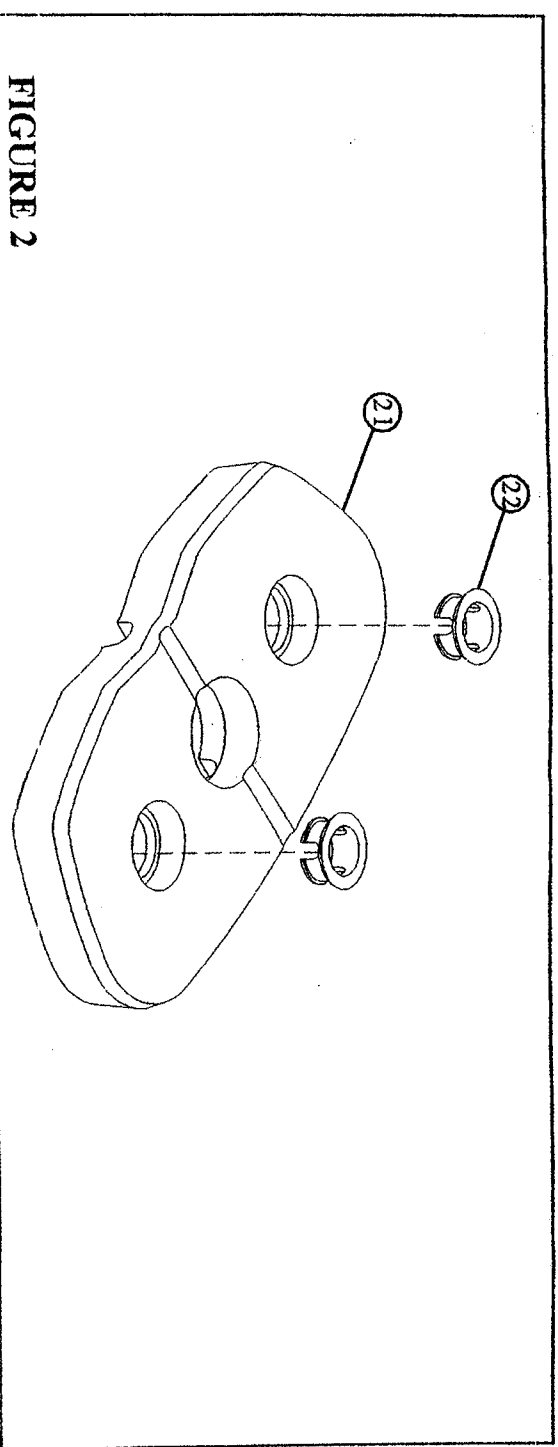


FIGURE 2

STEP 2:

- Insert two WEIGHT PLATE BUSHINGS (22) into each of the fifteen WEIGHT PLATES (21) as shown in FIGURE 2.

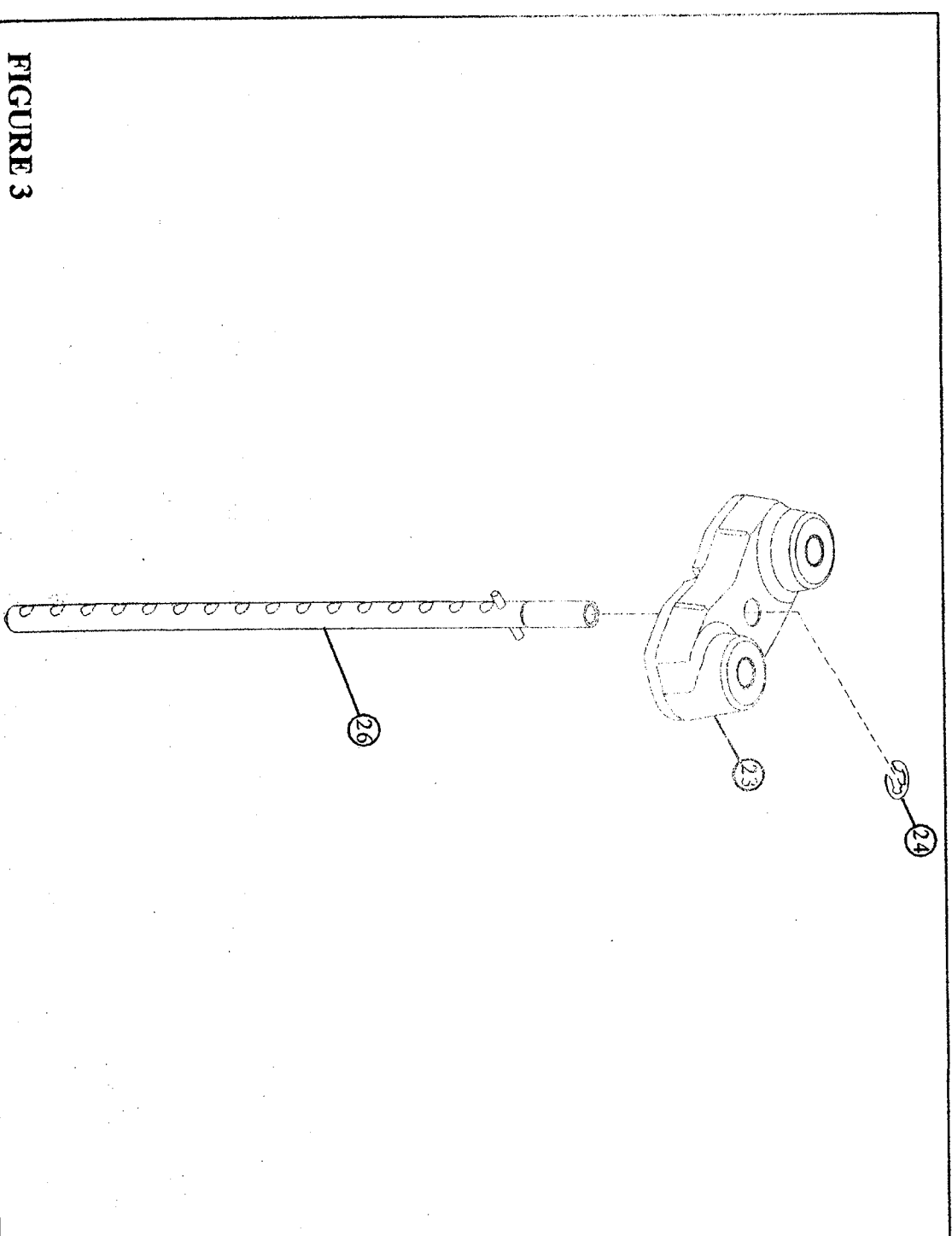


FIGURE 3

STEP 3:

- Slide the WEIGHT PLATE SHAFT (26) thru the hole in the HEAD PLATE(23), and lock in place using one E-RING (24) as shown in FIGURE 3.

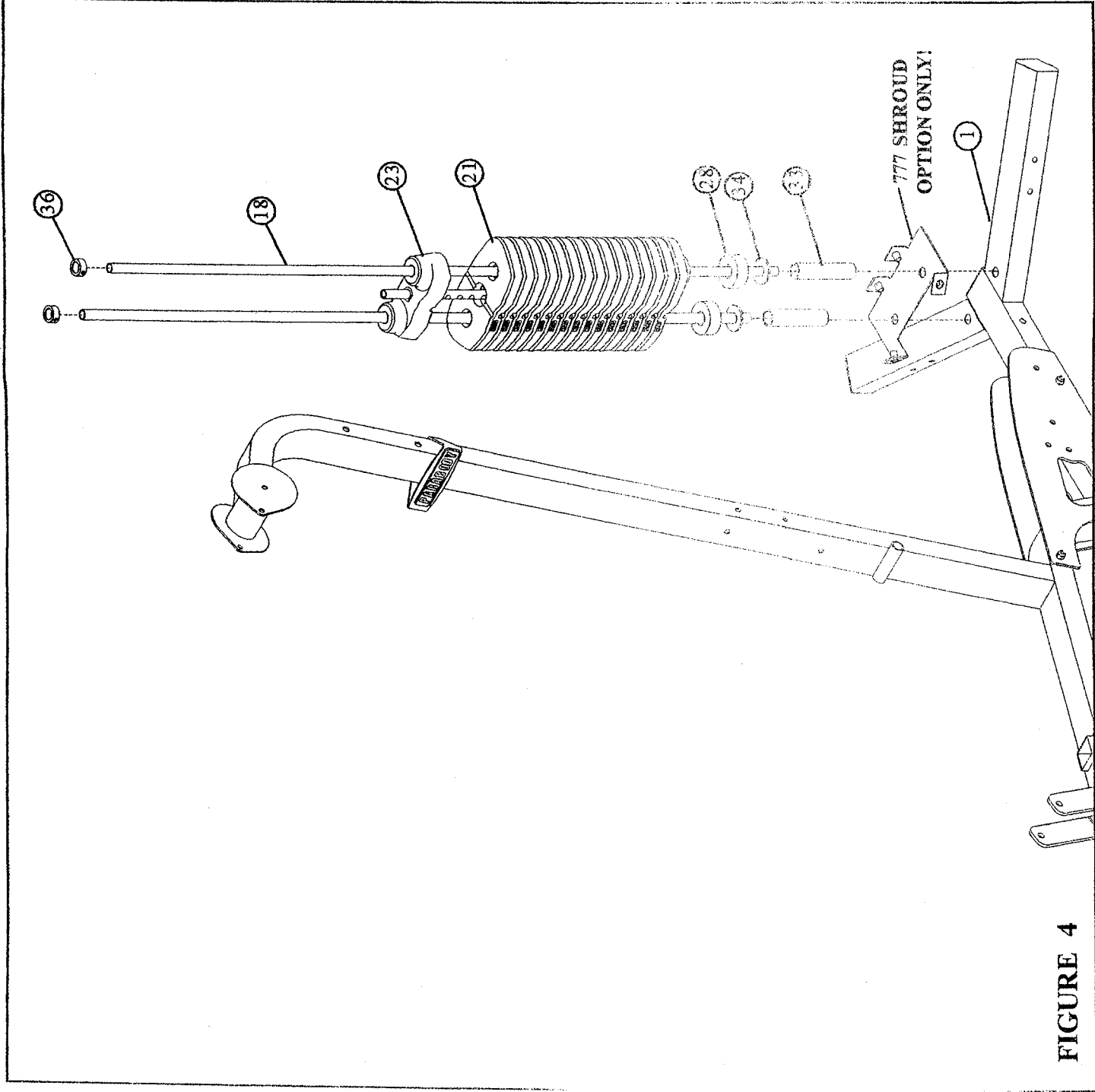


FIGURE 4

STEP 4:

- Insert two **GUIDE RODS (18)** into the **BASE (1)** as shown on **FIGURE 4**. (**NOTE:** If the **777 SHROUD OPTION** was purchased, place the **GUIDE RODS (18)** through the **BOTTOM SHROUD BRACKET** (found in **SHROUD OPTION** box) and into the **BASE (1)** as shown in **FIGURE 4**.
- (**NOTE:** Lubricate **GUIDE RODS (18)** with silicon or teflon spray available at most hardware stores.)
- Slide two **WEIGHT STACK SPACERS (33)**, two **3/4" FLAT WASHERS (34)**, and two **WEIGHT STACK CUSHIONS (28)** down over the **GUIDE RODS (18)**.
- Using **EXTREME CARE** slide all fifteen **WEIGHT PLATES (21)** down over the **GUIDE RODS (18)** on to the **WEIGHT STACK CUSHIONS (28)**. Make sure that the **WEIGHT PLATES (21)** are all facing as shown.
- Slide the head plate assembly down over the **GUIDE RODS (18)** onto the weight stack.
- Slide two **SHAFT COLLARS (36)** over the **GUIDE RODS (18)** as shown in **FIGURE 4**.

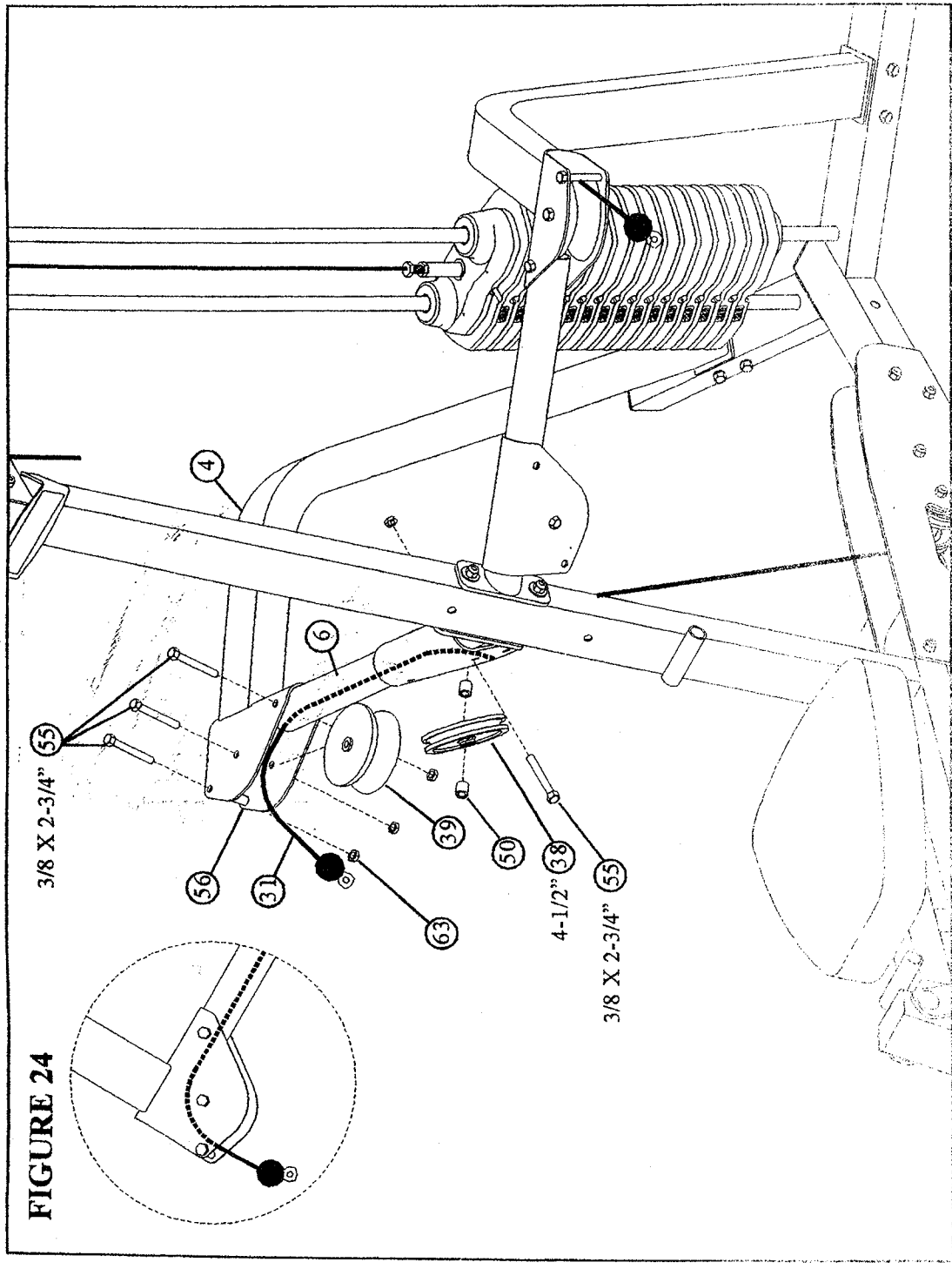
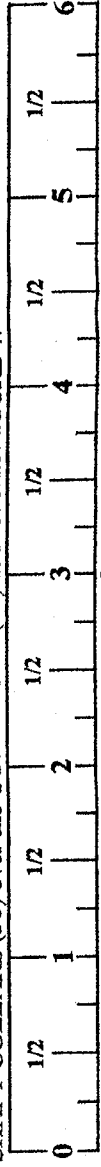
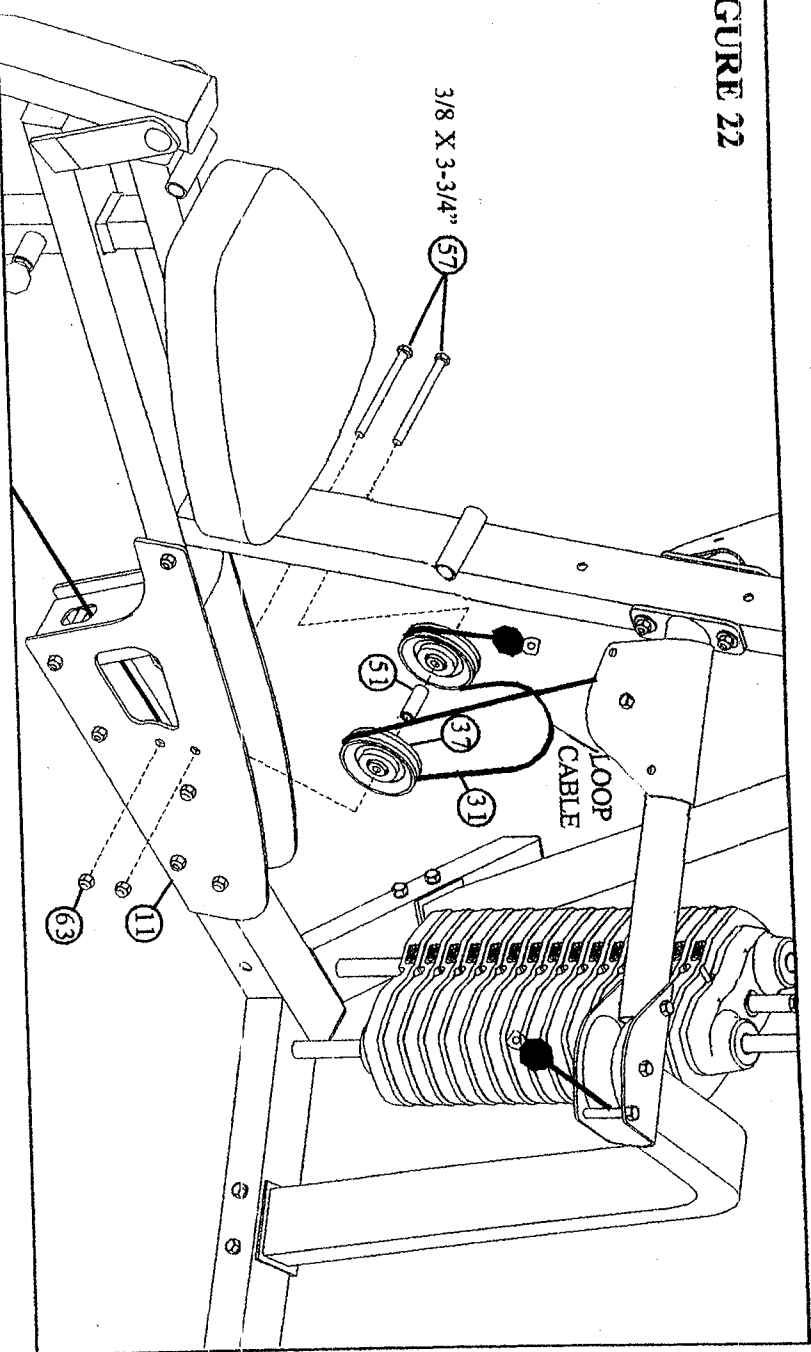


FIGURE 24

STEP 24:

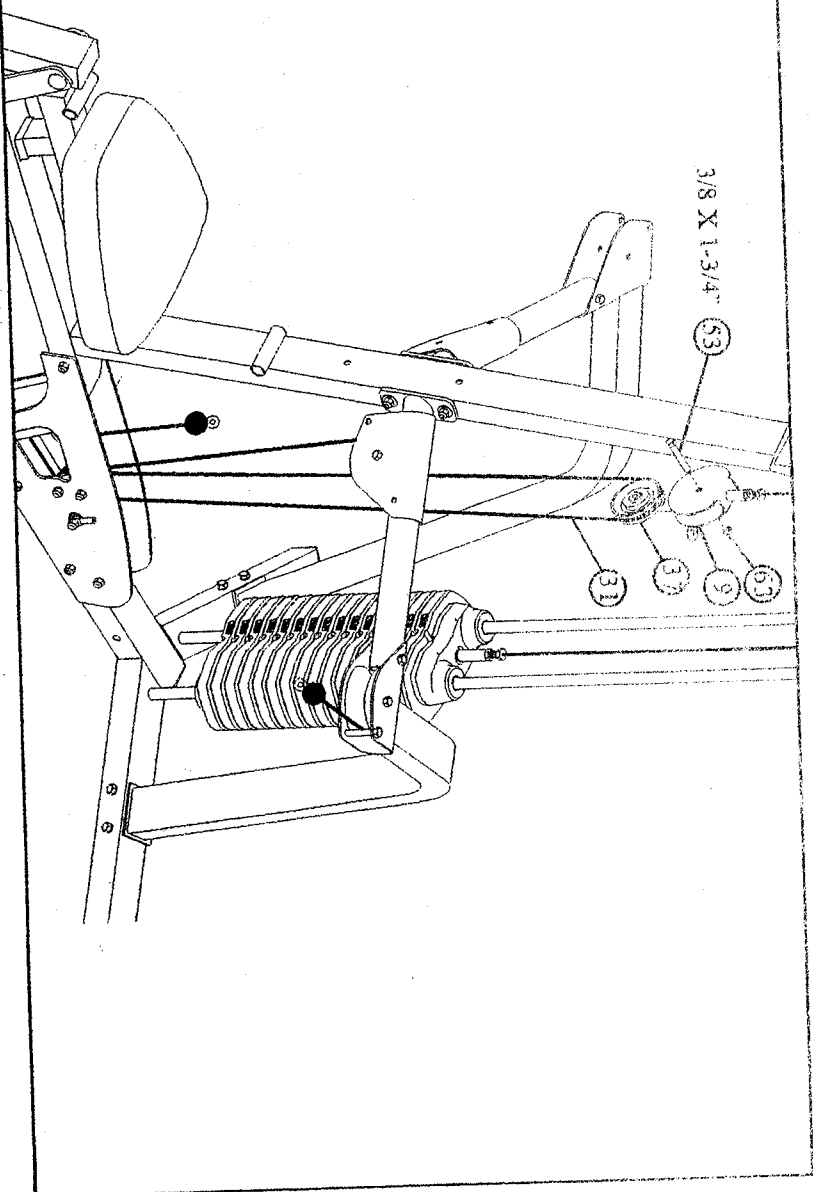
- Route the **ARM CABLE (31)** through the **RIGHT ARM (6)** as shown in **FIGURE 24**.
- Assemble one **4-1/2" PULLEY (38)** to the **RIGHT ARM (6)** using one **3/8 X 2-3/4" BOLT (55)**, two **3/8 X 1/2" SPACERS (50)** and one **3/8" LOCK NUT (63)**. See **FIGURE 24**. (**Note:** Loop the **ARM CABLE** around the **PULLEY** prior to assembling the **RIGHT ARM**.)
- Assemble one **V-PULLEY (39)** to the **RIGHT ARM SUPPORT (4)** using one **3/8 X 2-3/4" BOLT (55)** and one **3/8" LOCK NUT (63)**. See **FIGURE 24**. (**Note:** Loop the **ARM CABLE** around the **PULLEY** prior to assembling the **RIGHT ARM SUPPORT**.)
- **SECURELY** assemble one **2" NYLON SPACER (56)** to the **RIGHT ARM SUPPORT (4)** using one **3/8 X 2-3/4" BOLT (55)** and one **3/8" LOCK NUT (63)**. See **FIGURE 24**.
- Assemble the **RIGHT ARM (6)** to the **RIGHT ARM SUPPORT (4)** using one **3/8 X 2-3/4" BOLT (55)** and one **3/8" LOCK NUT (63)**. See **FIGURE 24**. (**Note:** Make sure the **ARM CABLE** runs in **FRONT** of the bolt as shown.)

FIGURE 22

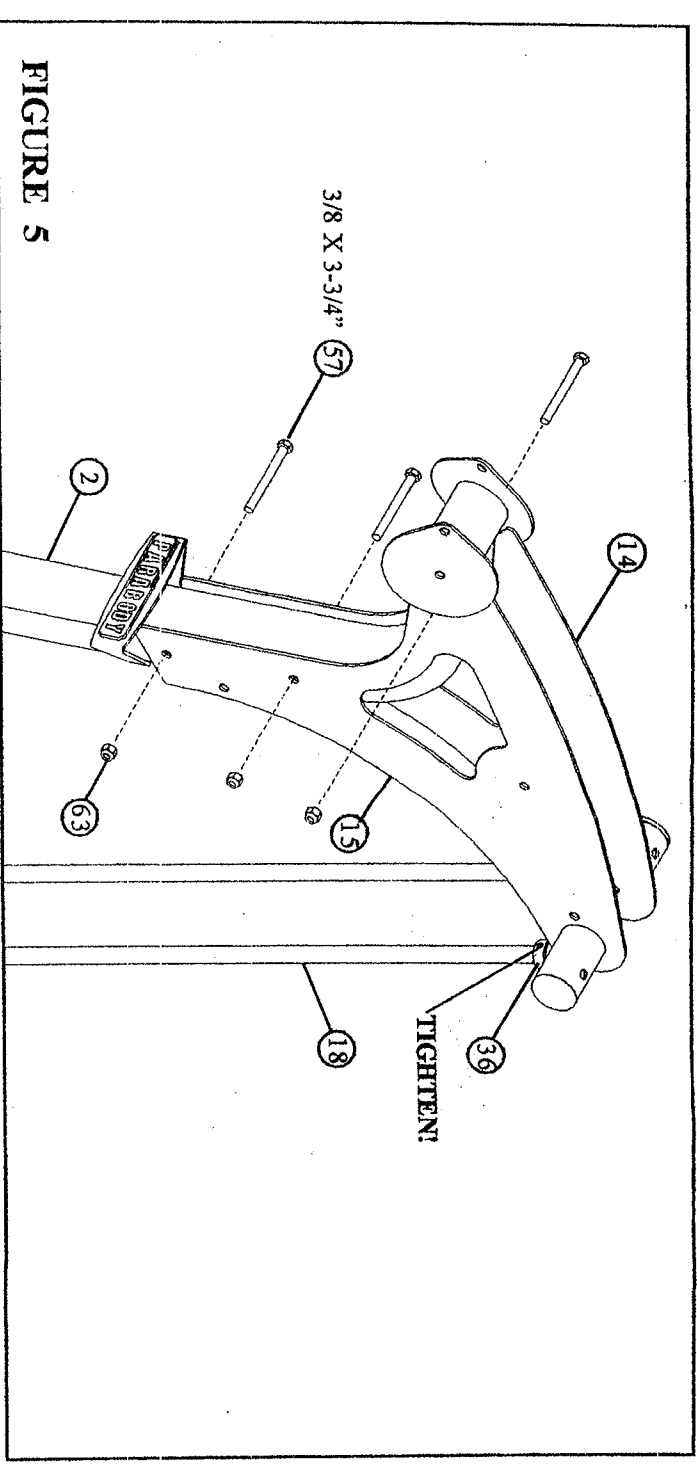


22:
 • Slide two 3-1/2" PULLEYS (37) to the BASE PLATES (11) using two 3/8 X 3-3/4" BOLTS (57), one 3/8 X 1" SPACER (51) and two 3/8" LOCK NUTS (63). See FIGURE 22 (Note: Loop the ARM CABLE (31) around the PULLEYS prior to assembling the PULLEYS. Leave a loop in the ARM CURL as shown!)

FIGURE 23

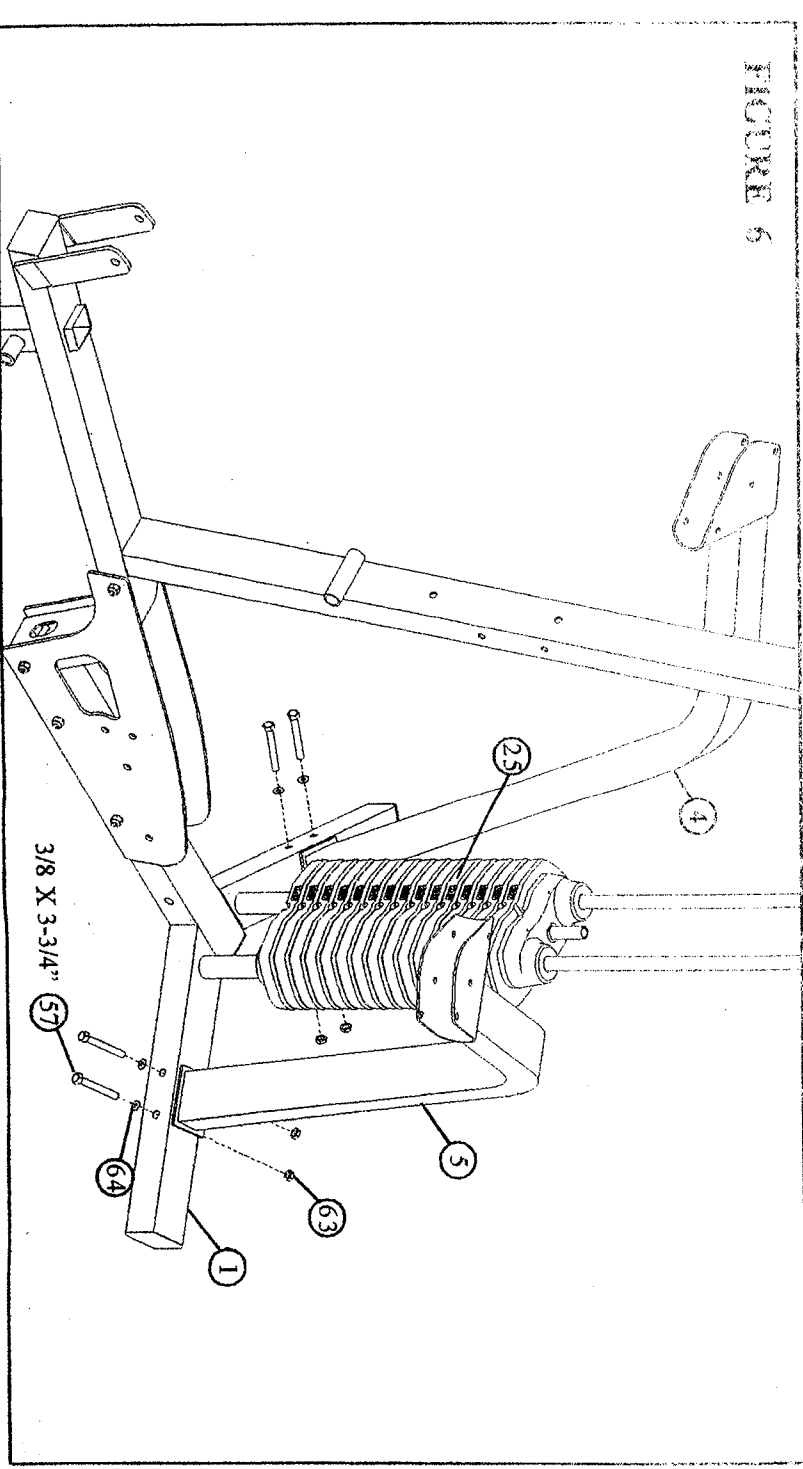


STEP 23:
 • Assemble one 3-1/2" PULLEY (37) to the PULLEY BRACKET (9) using one 3/8 X 1-3/4" BOLT (53) and one 3/8" LOCK NUT (63) (Note: Loop the ARM CABLE (31) around the PULLEY prior to assembling the PULLEY BRACKET.)



STEP 5:
 • Swing the GUIDE RODS (18) into the guide rod bushings in each of the RIGHT and LEFT BOOM PLATES (14 & 15) as shown in FIGURE 5.
 • LOOSELY assemble the RIGHT and LEFT BOOM PLATES (14 & 15) to the UPRIGHT (2) using three 3/8 X 3-3/4" BOLTS (57) and three 3/8" LOCK NUTS (63). See FIGURE 5.
 • Slide the SHAFT COLLARS (36) to the top of the GUIDE RODS (18) and tighten set screws as shown in FIGURE 5

FIGURE 5



STEP 6:
 • LOOSELY assemble the RIGHT and LEFT ARM SUPPORTS (4 & 5) to the BASE (1) using four 3/8 X 3-3/4" BOLTS (57), four 3/8" FLAT WASHERS (64), and four 3/8" LOCK NUTS (63). See FIGURE 6.
 • Apply WEIGHT STACK LABELS (25) to the WEIGHT PLATES (21) as shown in FIGURE 6.

FIGURE 6

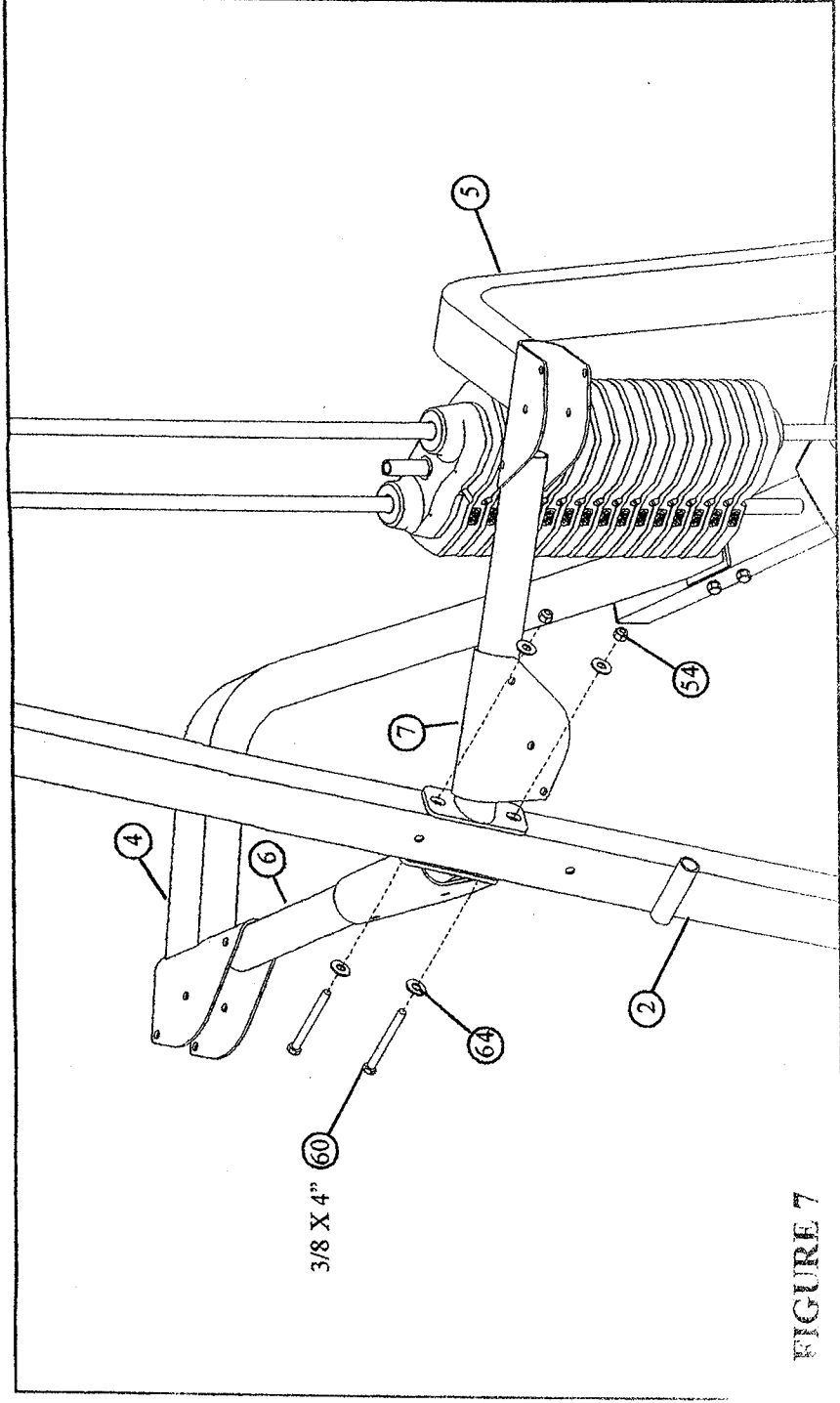


FIGURE 7

LOOSELY assemble the RIGHT and LEFT ARMS (6 & 7) to the UPRIGHT (2) and the RIGHT and LEFT ARM SUPPORTS (4) using one 3/8 X 4" BOLT (60), four 3/8" FLAT WASHERS (64), and two 3/8" LOW HEIGHT LOCK NUTS (54). See FIGURE 7.

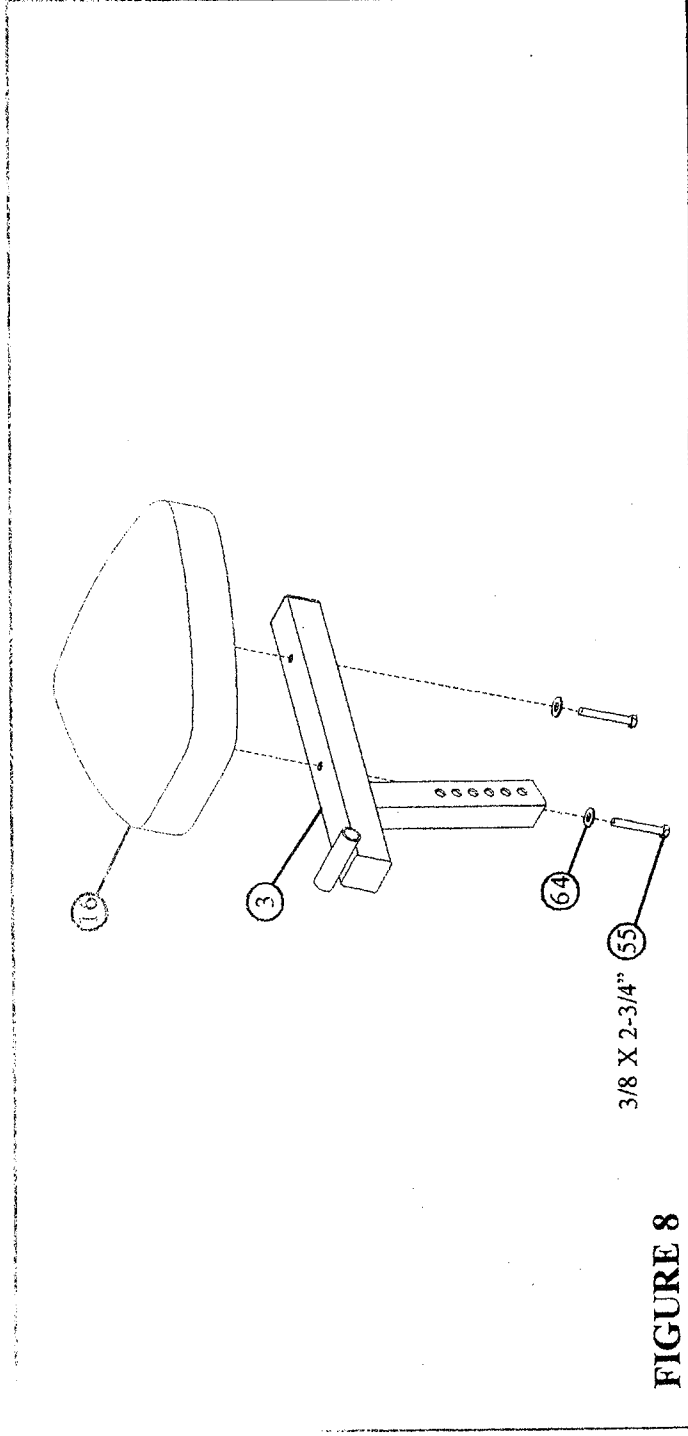


FIGURE 8

STEP 8:

- **SECURELY** assemble one SEAT PAD (16) to the SEAT ADJUST (3) using two 3/8 X 2-3/4" BOLTS (55) and two 3/8" WASHERS (64). See FIGURE 8.

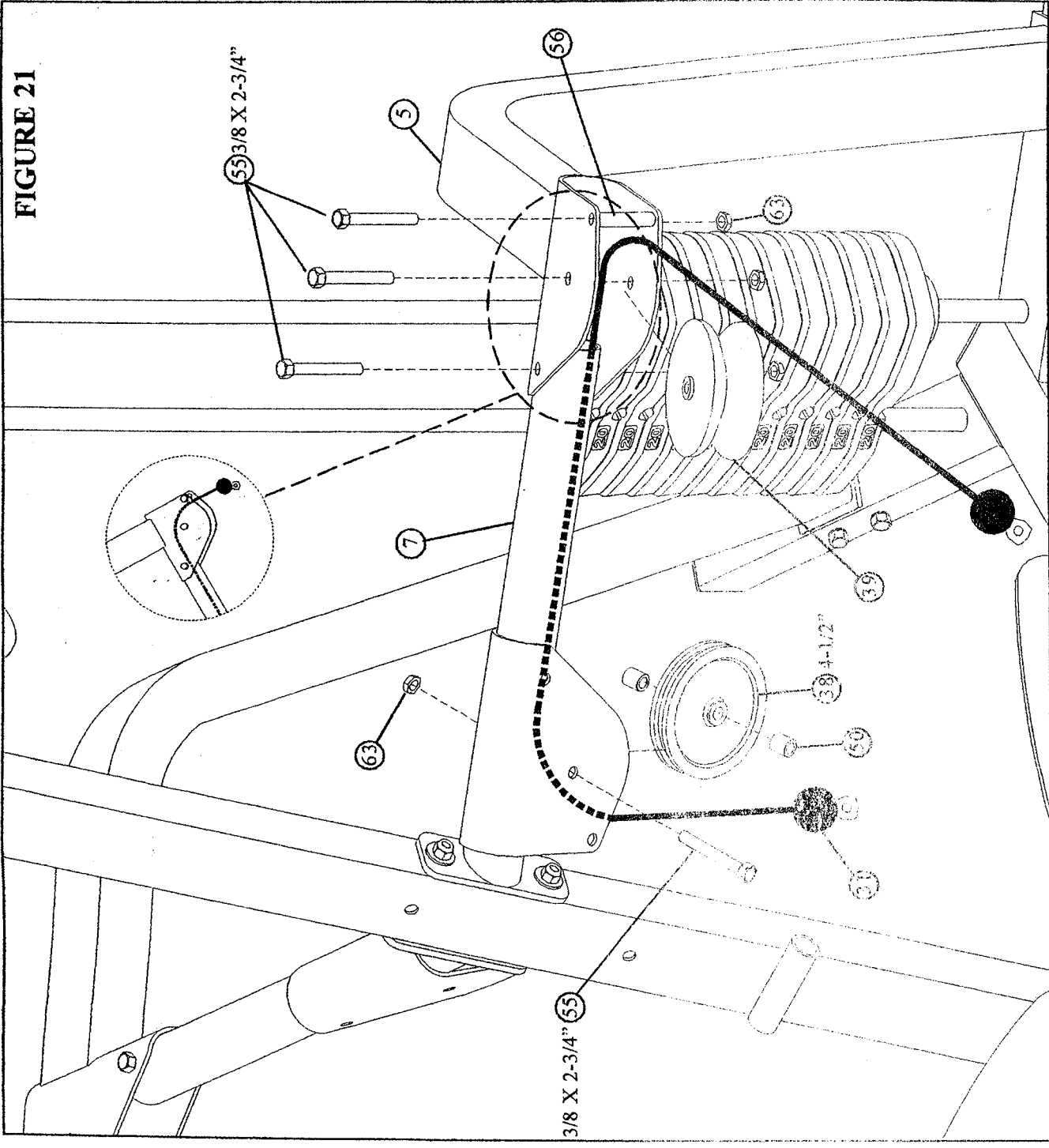
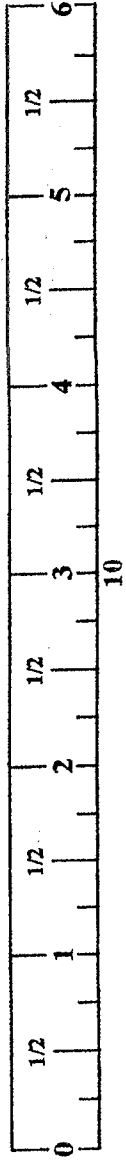


FIGURE 21

STEP 21:

- Route the ARM CABLE (31) through the LEFT ARM (7) as shown in FIGURE 21.
- Assemble one V-PULLEY (39) to the LEFT ARM SUPPORT (5) using one 3/8 X 2-3/4" BOLT (55) and one 3/8" LOCK NUT (63). See FIGURE 21. (Note: Loop the ARM CABLE around the PULLEY prior to assembling the LEFT ARM SUPPORT.)
- **SECURELY** assemble one 2" NYLON SPACER (56) to the LEFT ARM SUPPORT (5) using one 3/8 X 2-3/4" BOLT (55) and one 3/8" LOCK NUT (63). See FIGURE 21.
- Assemble the LEFT ARM (7) to the LEFT ARM SUPPORT (5) using one 3/8 X 2-3/4" BOLT (55) and one 3/8" LOCK NUT (63). See FIGURE 21. (Note: Make sure the ARM CABLE runs in FRONT of the bolt as shown!.)

- Assemble one 4-1/2" PULLEY (38) to the LEFT ARM (7) using one 3/8 X 2-3/4" BOLT (55), two 3/8 X 1/2" SPACERS (50) and one 3/8" LOCK NUT (63). See FIGURE 21. (Note: Loop the ARM CABLE around the PULLEY prior to assembling the LEFT ARM.)

STEP 19:

- Assemble one 3-1/2" PULLEY (37) to the PULLEY PLATES (10) using one 3/8 X 1-3/4" BOLT (53) and one 3/8" LOCK NUT (63) as shown in FIGURE 19. (Note: Loop the CABLE around the PULLEY prior to assembling the PULLEY PLATES.)

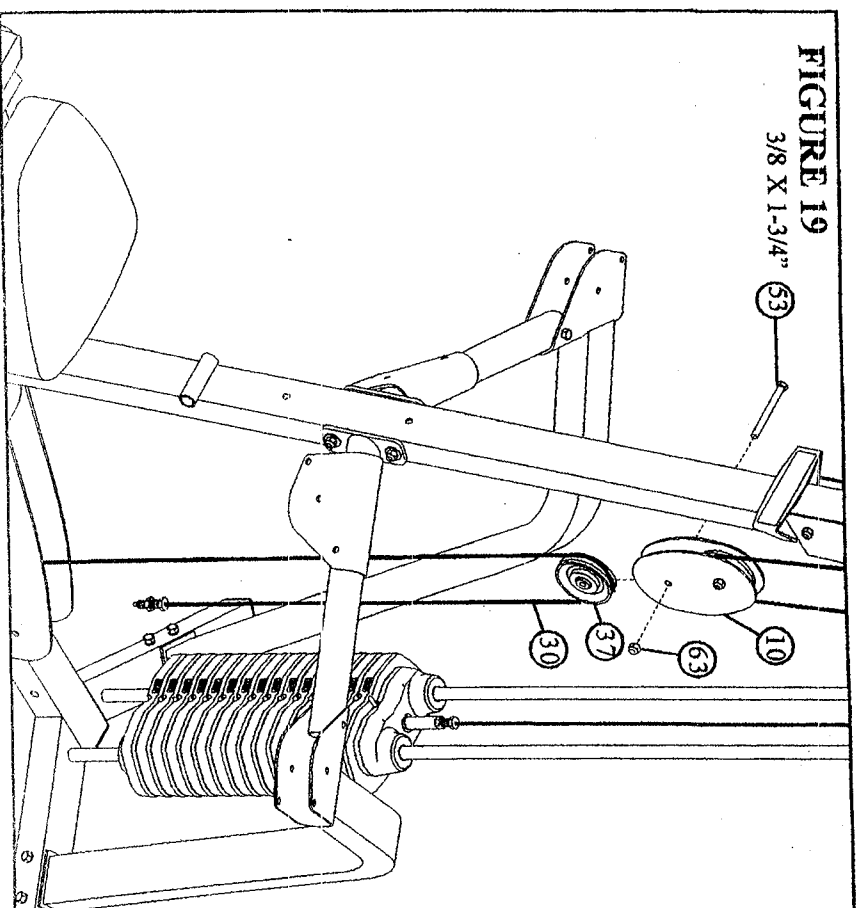
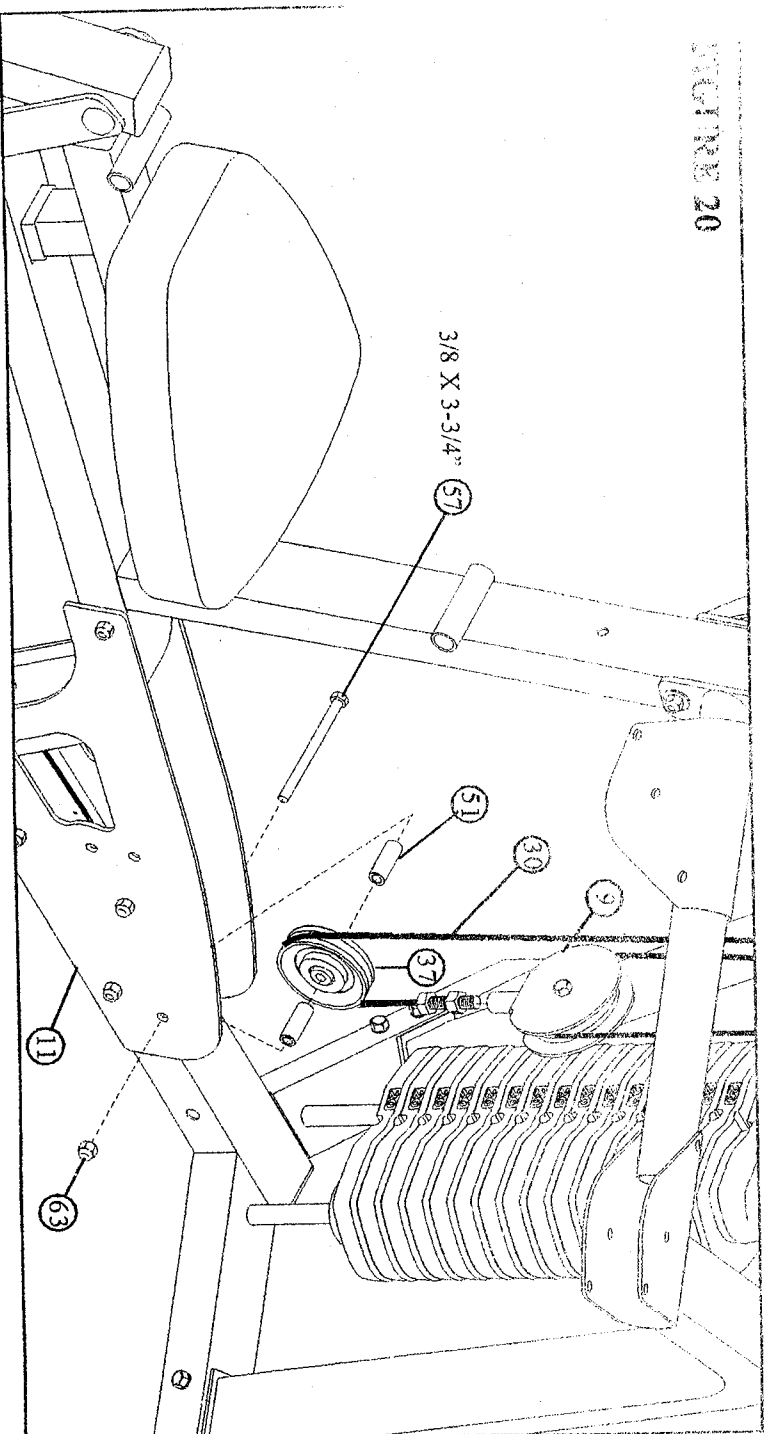


FIGURE 20



STEP 20:

- Assemble one 3-1/2" PULLEY (37) to the BASE PLATES (11) using one 3/8 X 3-3/4" BOLT (57), two 3/8 X 1" SPACERS (51) and one 3/8" LOCK NUT (63). See FIGURE 19. (Note: Loop the LEG CABLE (30) around the PULLEY prior to assembling the BASE PLATES.)
- Screw the threaded end of the LEG CABLE (30) into the end of the PULLEY BRACKET (9). See FIGURE 20.

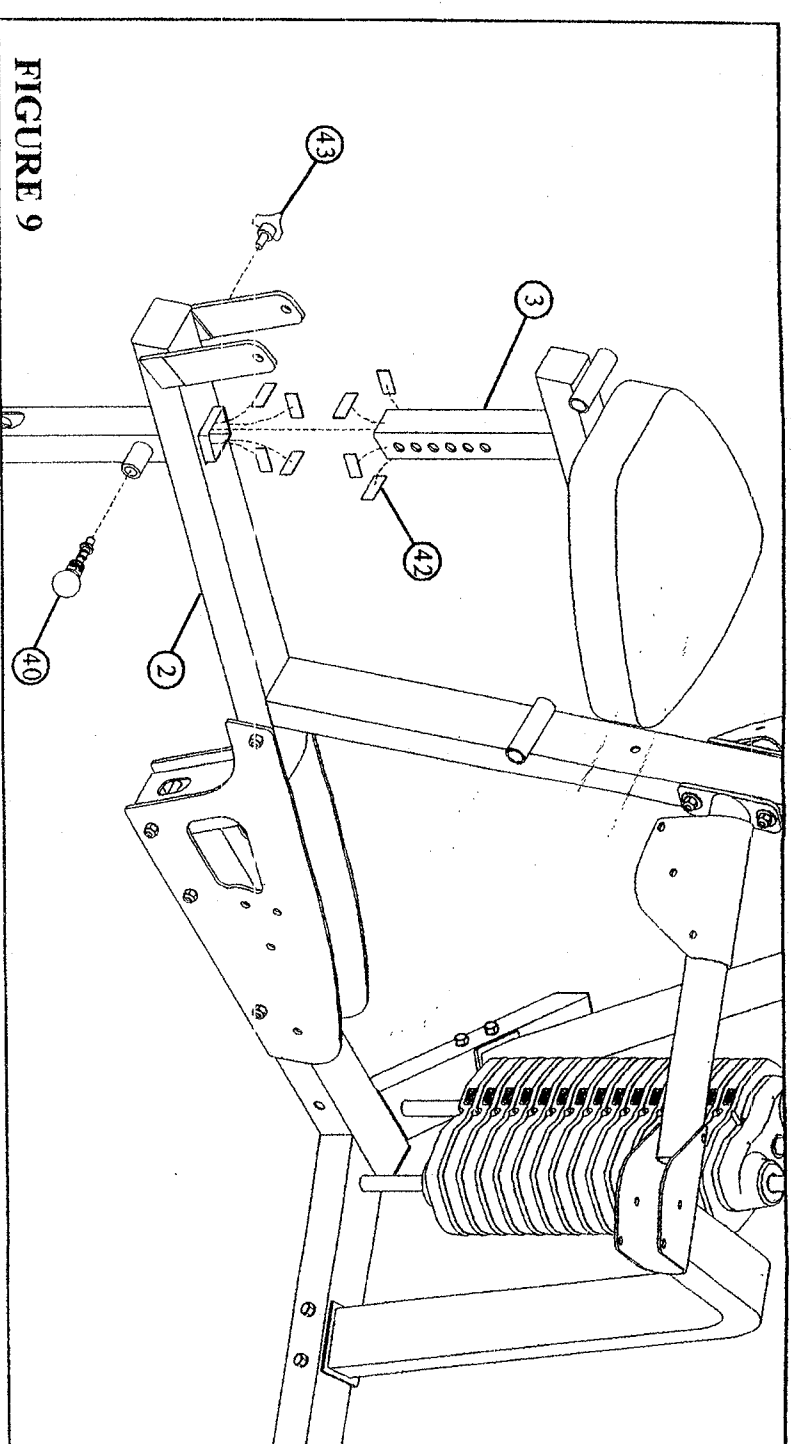


FIGURE 9

STEP 9:

- Securely assemble one SPRING PIN ASSEMBLY (40) and one 3 PRONG KNOB (43) to the FRONT UPRIGHT (2) as shown.
- Apply eight PARAGLIDES (42) to the INSIDE of the tube on the UPRIGHT (2) and on the OUTSIDE of the SEAT ADJUST (3) as shown.
- CAREFULLY insert the SEAT ADJUST ASSEMBLY into the UPRIGHT (2) as shown. The SEAT height can be adjusted using the SPRING PIN (40) and can be secured with the 3 PRONG KNOB (43).

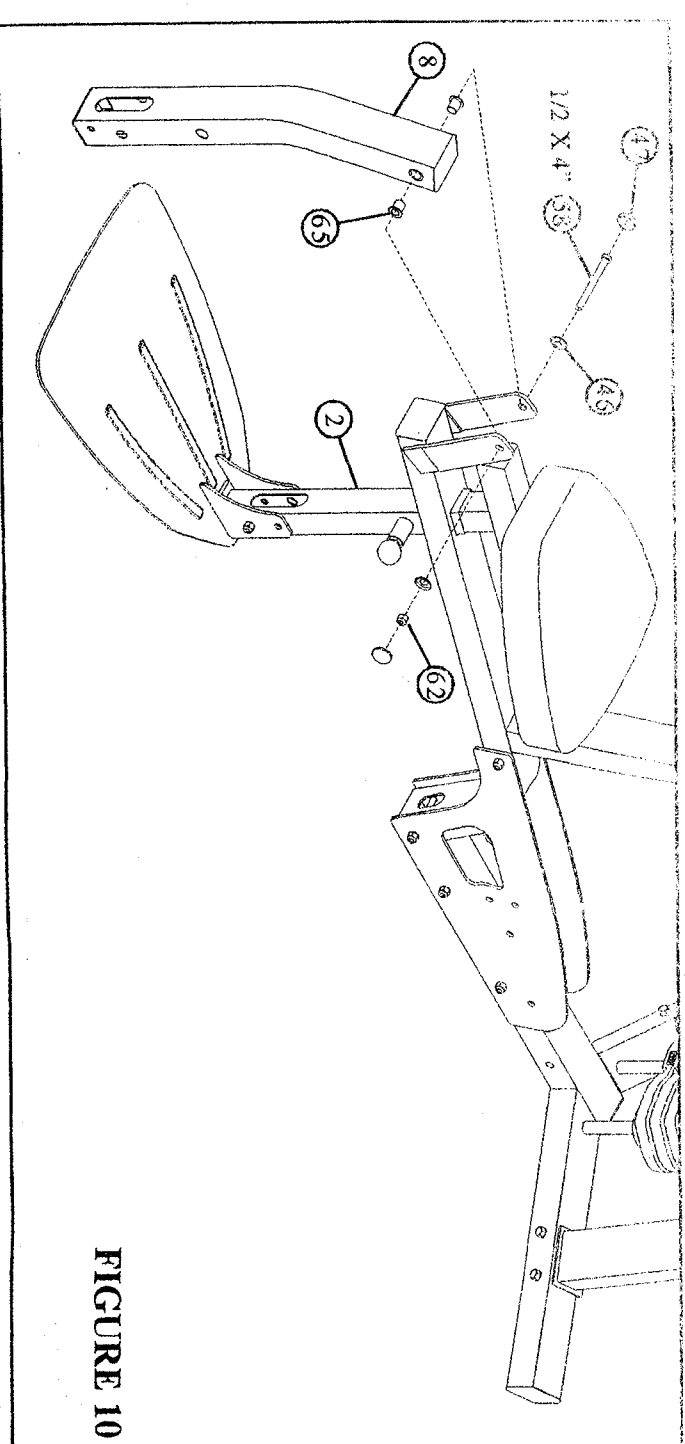


FIGURE 10

STEP 10:

- Insert two 1/2" FLANGE BEARINGS (65) into the LEG PEDESTAL (8) as shown in FIGURE 10.
- Assemble the LEG PEDESTAL (8) to the UPRIGHT (2) using two RH CAPS (47), one 1/2 X 4" BOLT (58), two 1/2" RH WASHERS (46), and one 1/2" LOW HEIGHT LOCK NUT (62). (Note: Tighten this connection enough to remove excess play yet allow the LEG PEDESTAL to rotate freely.)

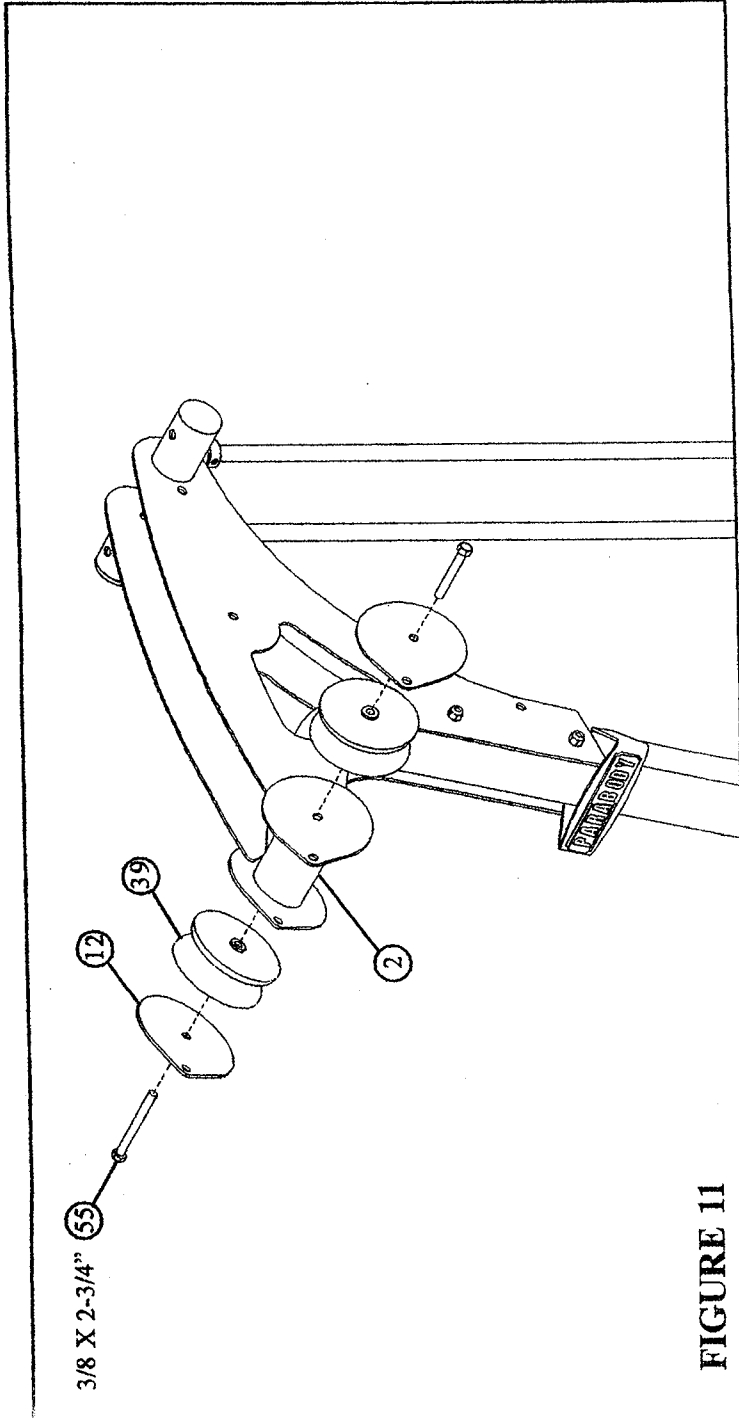


FIGURE 11

STEP 11:
 Assemble two V-PULLEY PLATES (12) and two 4-1/2" V-GROOVE PULLEYS (39) to the UPRIGHT (2) using two 3/8 X 2-3/4" BOLTS (55). See FIGURE 11.

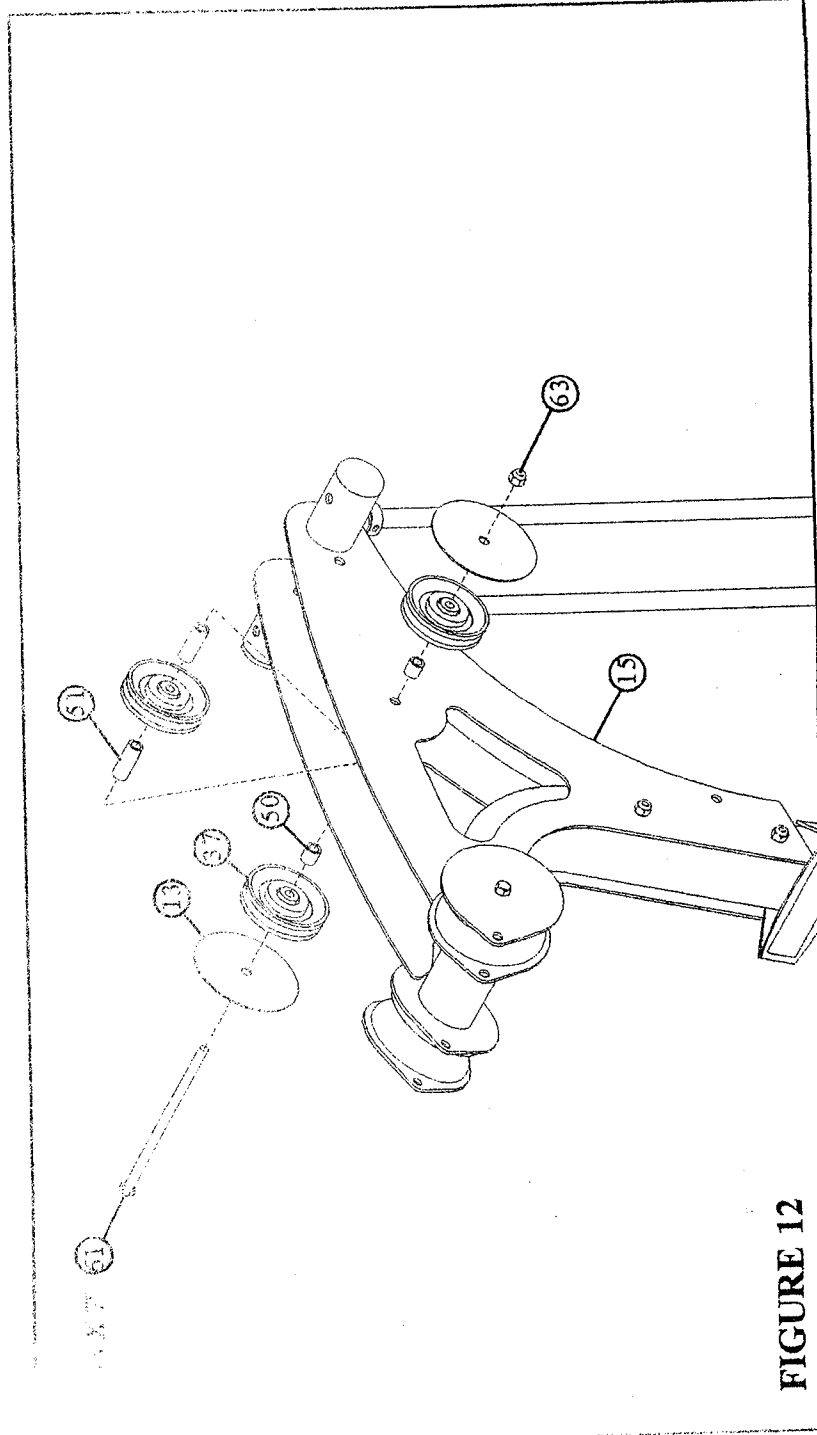


FIGURE 12

STEP 12:
 Assemble two BOOM PULLEY PLATES (13) and three 3-1/2" PULLEYS (37) to the BOOM PLATES (14 & 15) using one 3/8 X 7" BOLT (61), two 3/8 X 1/2" SPACERS (50), two 3/8 X 1" SPACERS (51) and one 3/8" LOCK NUT (63). See FIGURE 12.

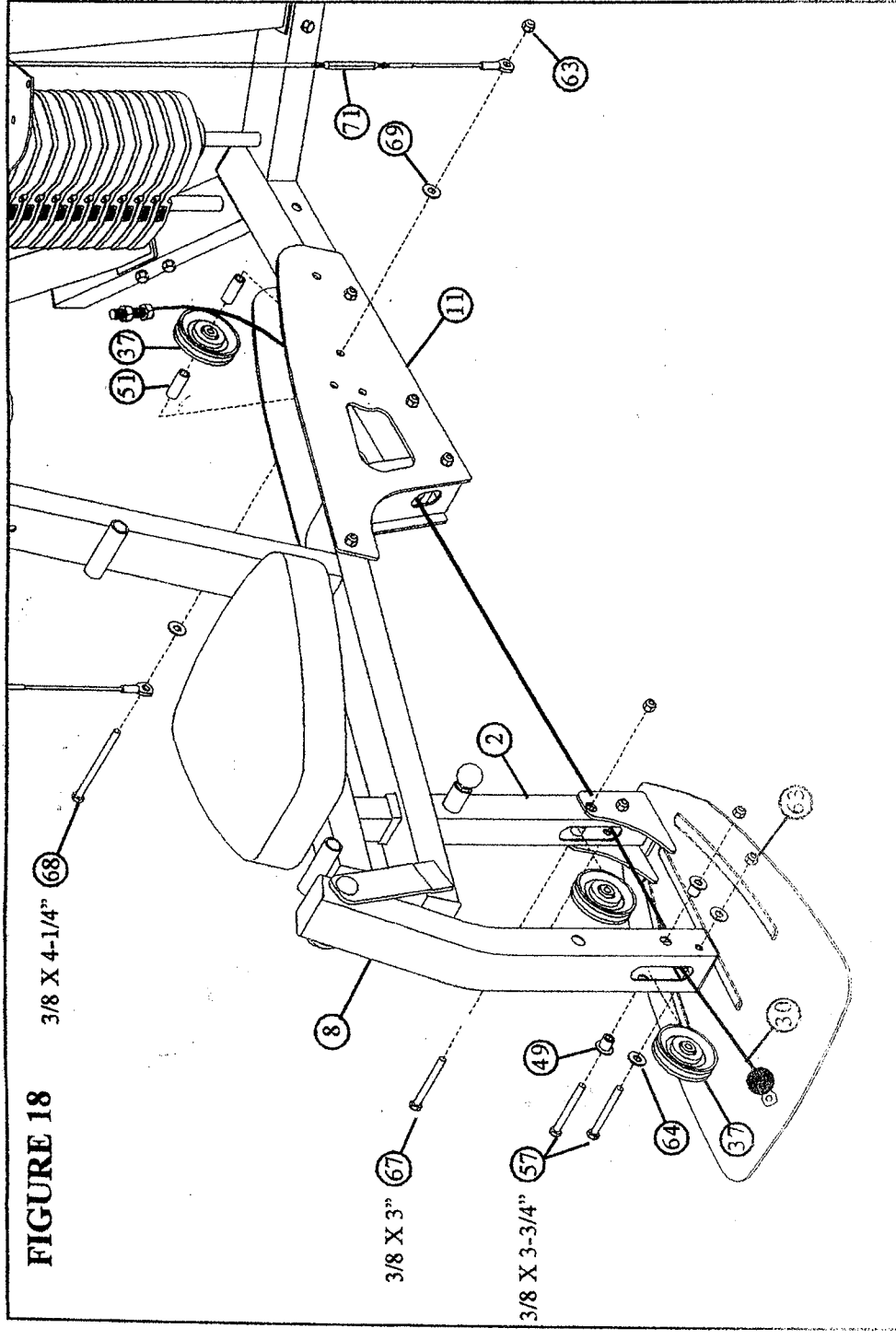
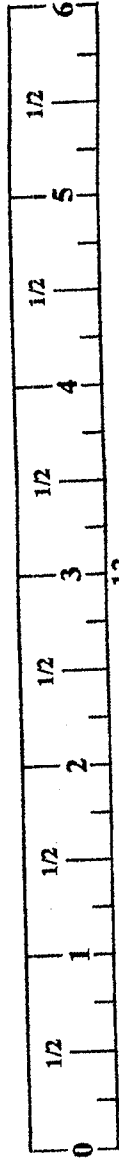


FIGURE 18

STEP 18:

- Securely assemble the ball end of the LEG CABLE (37) to the LEG PEDESTAL (8) using two 3/8 X 3-3/4" BOLTS (57), two 3/8" X 1-1/16" FLANGE SPACERS (49), two 3/8" WASHERS (64), and two 3/8" LOCKNUTS (63). (NOTE: The LEG CABLE (37) must be routed over the retaining bolt as shown in FIGURE 18.)
- Securely assemble one 3-1/2" PULLEY (37) to the UPRIGHT (2) using one 3/8 X 3" BOLT (67) and one 3/8" LOCKNUT (63). (NOTE: The LEG CABLE (37) must be routed over the retaining bolt as shown in FIGURE 18.)
- Assemble one 3-1/2" PULLEY (37) to the BASE PLATES (11) using one 3/8 X 4-1/4" BOLT (68), two 3/8" SAE WASHERS (69), two GUIDE CABLES (71), two 3/8 X 1" SPACERS (51) and one 3/8" LOCK NUT (63). See FIGURE 18. (Note: Loop the LEG CABLE (30) around the PULLEY prior to assembling the PULLEY to the BASE PLATES.)

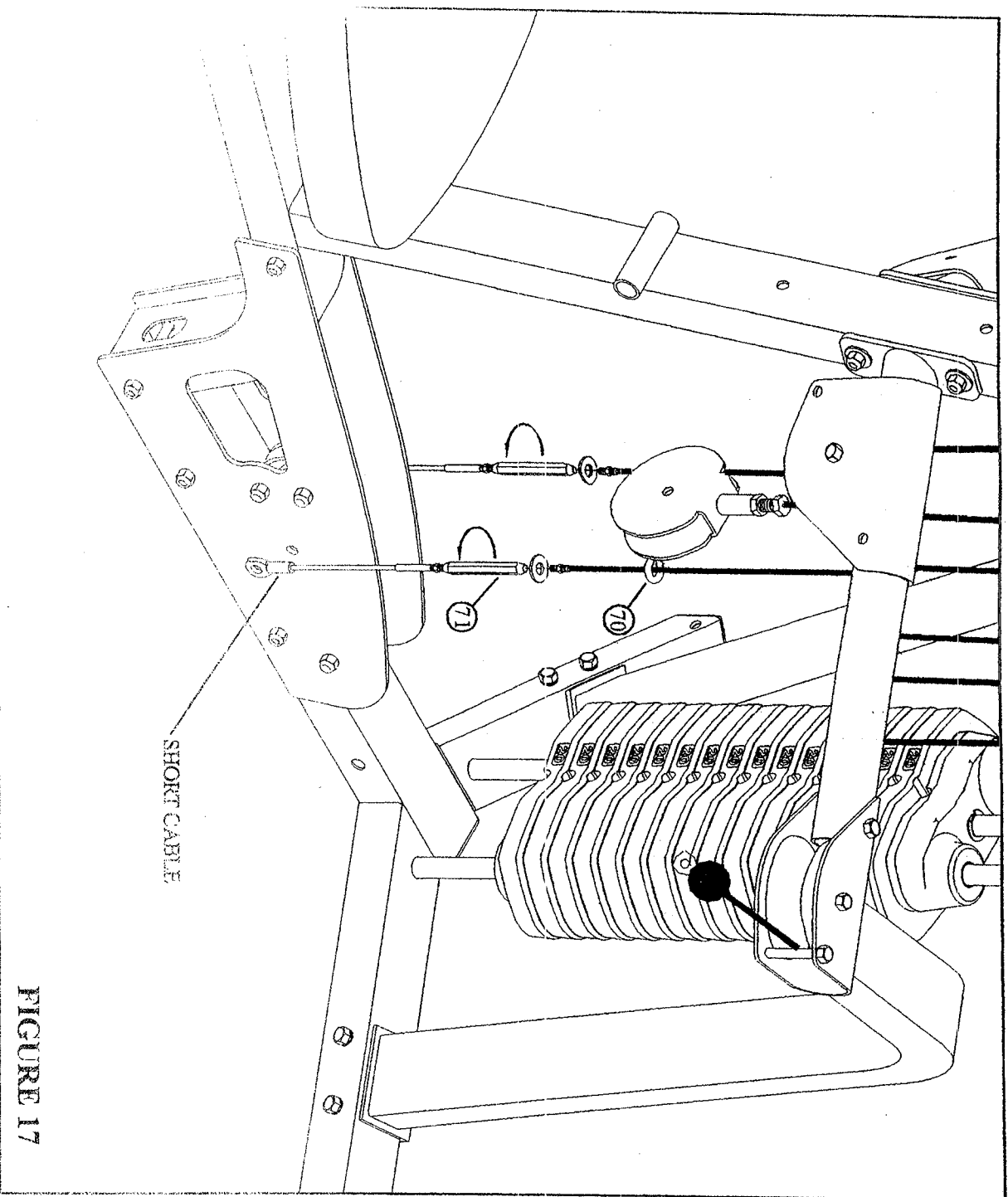


FIGURE 17

STEP 17:

- CAREFULLY slide the GUIDE BRACKET (70) through the GUIDE CABLES (71) as shown in FIGURE 17.
- Assemble the SHORT CABLE and the turnbuckle to each GUIDE CABLE (71) as shown in FIGURE 17.
- Adjust the turnbuckle on each GUIDE CABLE (71) to add tension to the GUIDE CABLES (71) until they are taut. Secure turnbuckle with the JAM NUTS as shown in FIGURE 17.

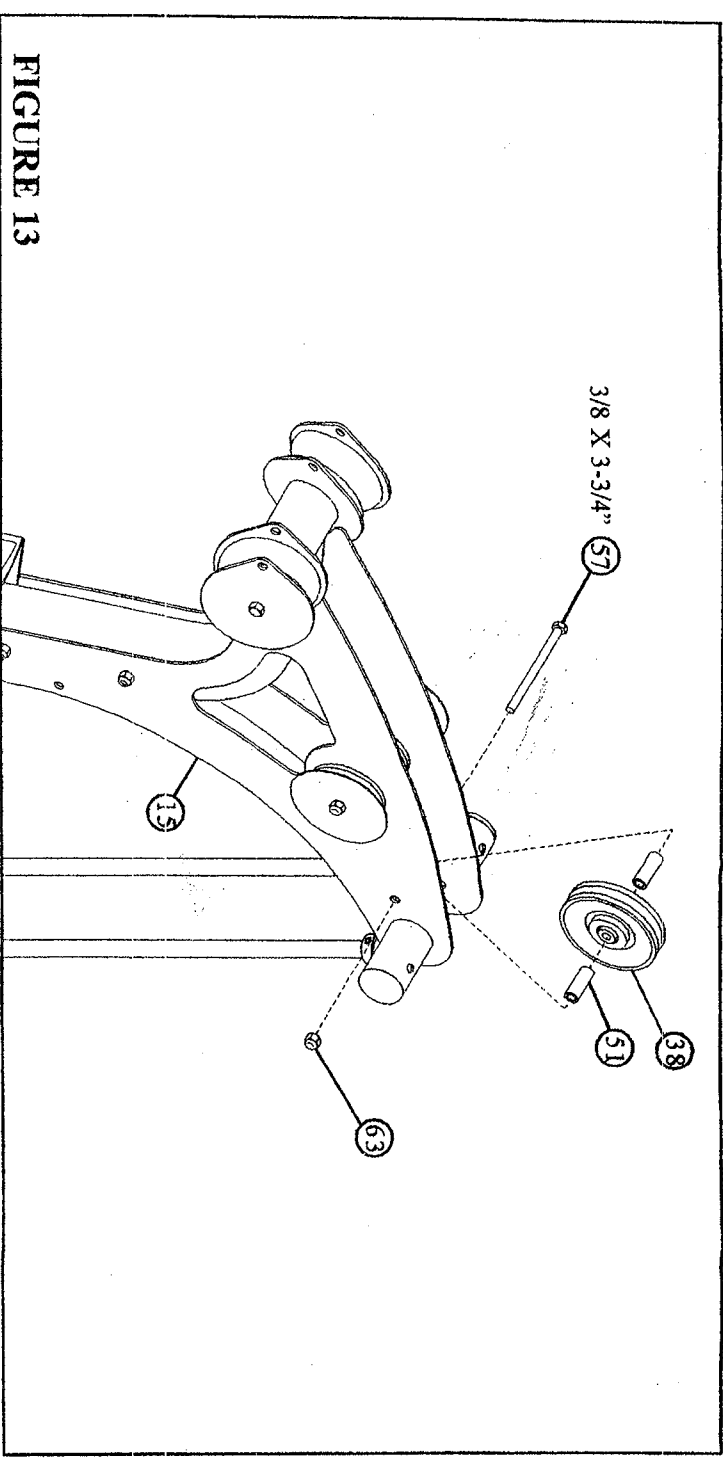
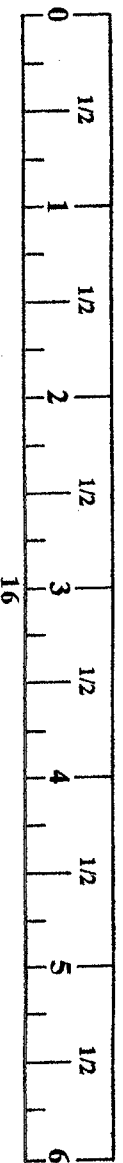


FIGURE 13

STEP 13:

- Assemble one 4-1/2" PULLEY (38) to the BOOM PLATES (14 & 15) using one 3/8 X 3-3/4" BOLT (57), two 3/8 X 1" SPACERS (51) and one 3/8" LOCK NUT (63). See FIGURE 13.

IMPORTANT! Level and straighten all CABLES in order to remove all twist prior to installation.

STEP 14:

- Assemble the WEIGHT STACK PIN (27) to the WEIGHT STACK SHAFT (26) as shown in FIGURE 14.
- Screw the long threaded end of the WEIGHT STACK CABLE (29) into the end of the WEIGHT PLATE SHAFT (26). See FIGURE 14.
- Route the WEIGHT STACK CABLE (29) around the pulleys in the BOOM PLATES (14 & 15) as shown in FIGURE 14. (NOTE: Make sure the cable runs in the grooves of the pulleys.)
- Assemble two PULLEY PLATES (10) around one 3-1/2" PULLEY (37) using one 3/8 X 1-3/4" BOLT (53) and one 3/8" LOCK NUT (63) as shown in FIGURE 14. (Note: Loop the CABLE around the PULLEY prior to assembling the PULLEY PLATES.)

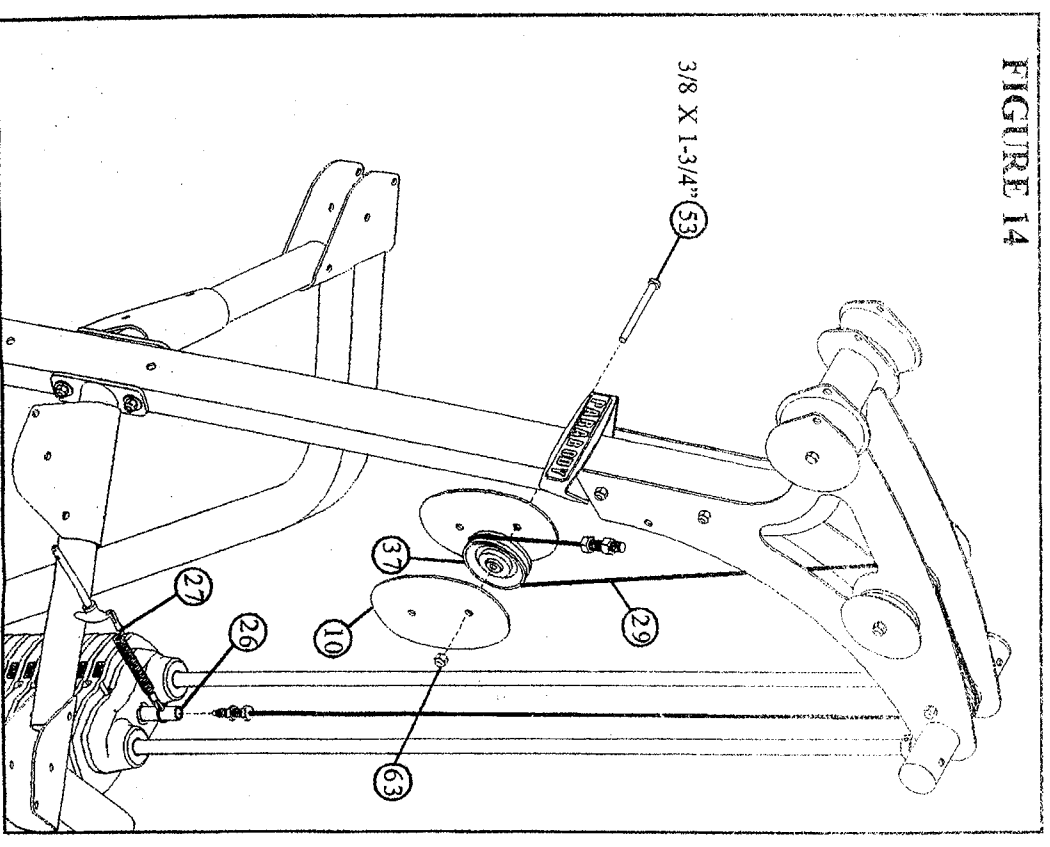


FIGURE 14

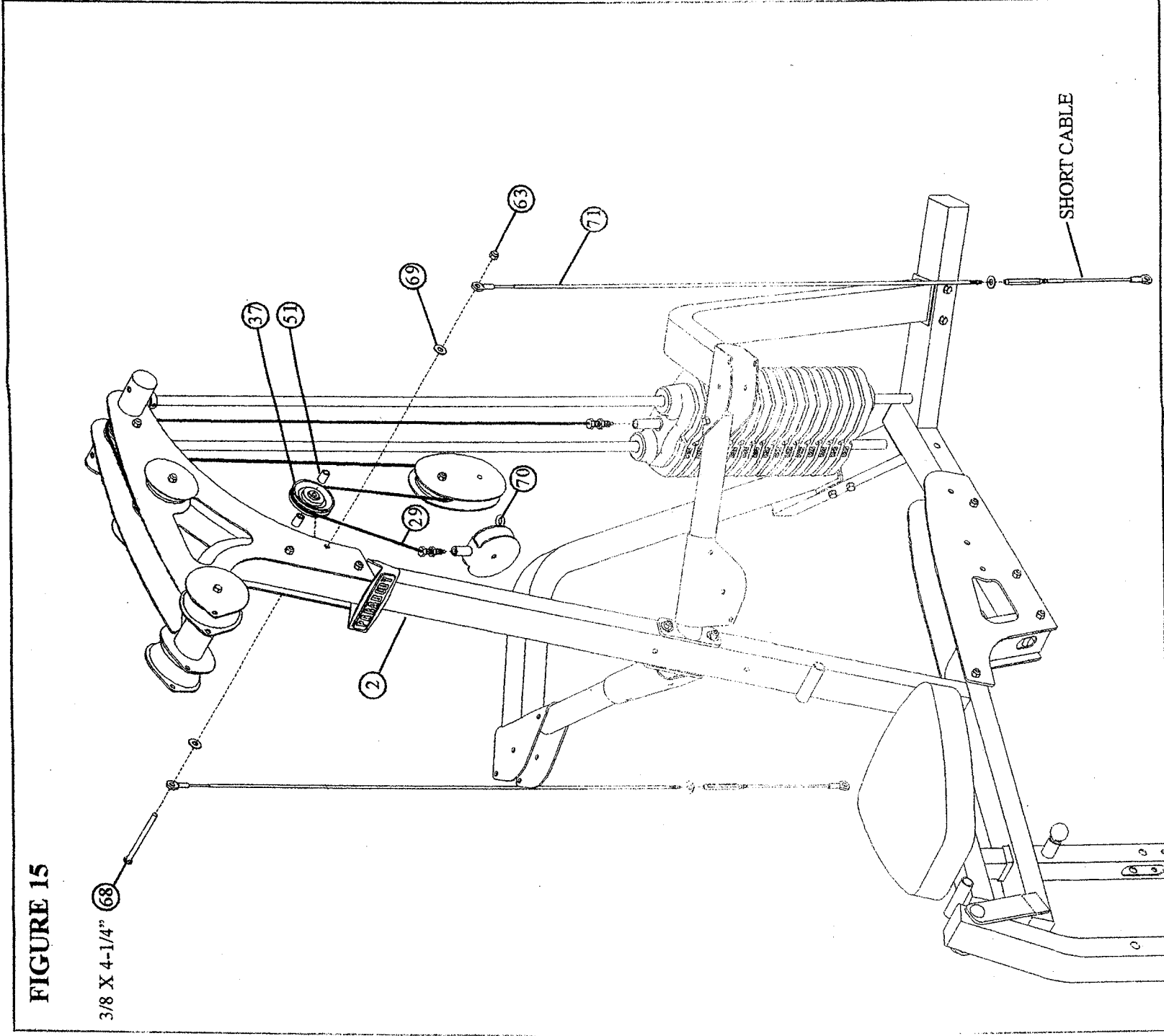


FIGURE 15

STEP 15:

- Assemble one 3-1/2" PULLEY (37) to the BOOM PLATES (14 & 15) using one 3/8 X 4-1/4" BOLT (68), two 3/8" SAE WASHERS (69), two GUIDE CABLES (71), two 3/8 X 1" SPACERS (51) and one 3/8" LOCK NUT (63). See FIGURE 15. (Note: Loop the WEIGHT STACK CABLE around the PULLEY prior to assembling to the BOOM PLATES.)
- Screw the short threaded end of the WEIGHT STACK CABLE (29) into the end of the PULLEY BRACKET (9). See FIGURE 15.
- Disassemble the SHORT CABLE and the turnbuckle on the GUIDE CABLE (71) as shown in FIGURE 15. The SHORT CABLE will be reassembled later.

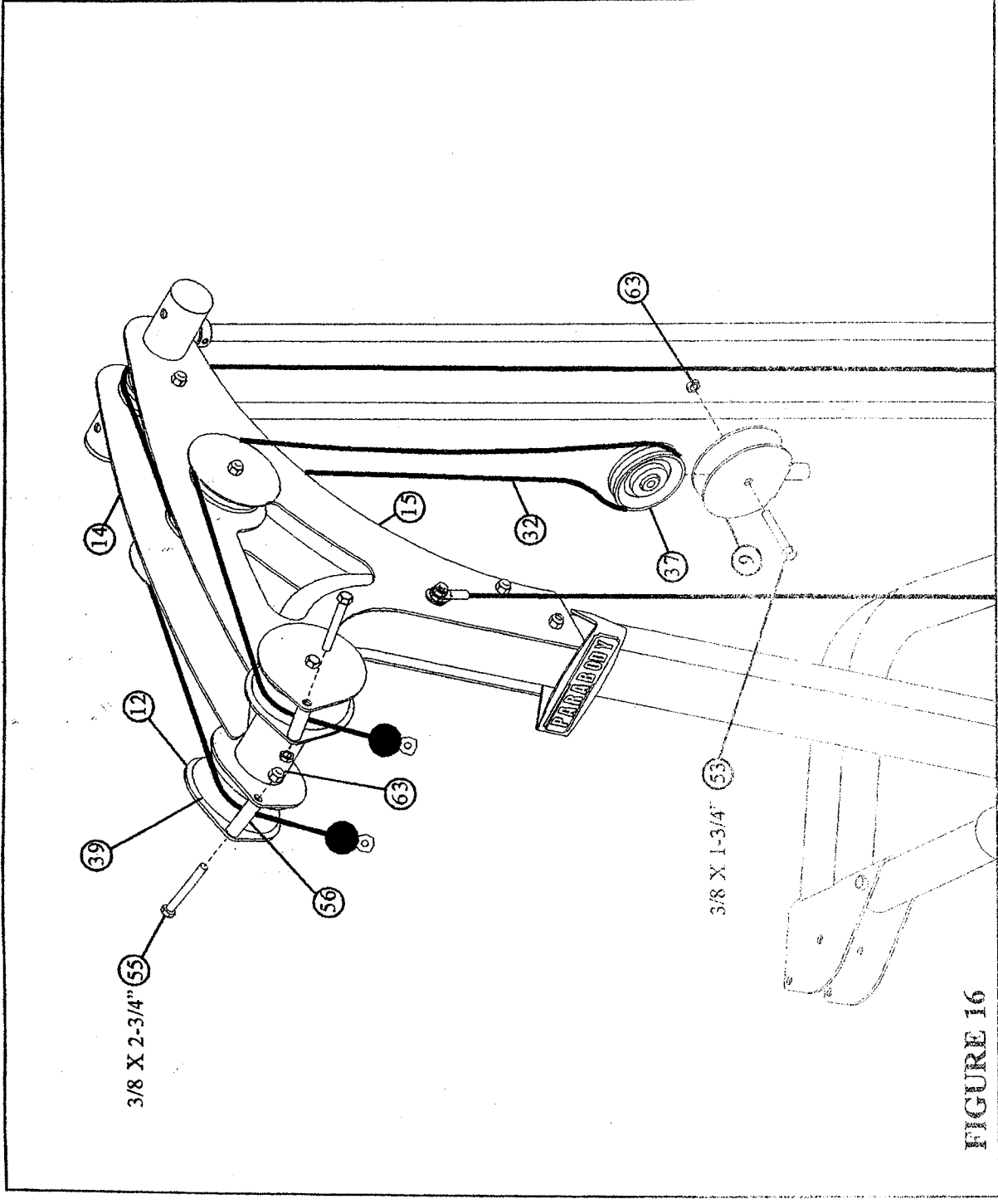


FIGURE 16

STEP 16:

- Route the BOOM CABLE (32) over the V-GROOVE PULLEY (37) and the 3-1/2" PULLEY (37) on the LEFT BOOM PLATE (15) and over the 3-1/2" PULLEY (37) on the RIGHT BOOM PLATE (14) and over the V-GROOVE PULLEY (39) as shown in STEP 16.
- SECURELY assemble two 2" NYLON SPACERS (56) to the V-PULLEY PLATES (12) and the BOOM PLATES (14 & 15) using two 3/8 X 2-3/4" BOLTS (55) and two 3/8" LOCK NUTS (63). See FIGURE 15.
- Assemble one 3-1/2" PULLEY (37) to the PULLEY BRACKET (9) using one 3/8 X 1-3/4" BOLT (53) and one 3/8" LOCK NUT (63) (Note: Loop the BOOM CABLE around the PULLEY prior to assembling the PULLEY BRACKET.)